In Public Domain. Digitization by eGangotri and Sarayu Trust

Ayurvedic
Home Remedies

Dr. Prakash Paranjpe

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

AYURVEDIC HOME REMEDIES

Dr. Prakash V. Paranjpe, B.A.M.S., M.B.B.S., Ph.D., graduated in Ayurveda Medicine and Surgery from the University of Pune, in 1974 and in Modern Medicine and Surgery from University of Nagpur, in 1981. He had secured Gold Medal in Fellowship of Indian Medicine, Pune, in 1990. He was also awarded for the best paper reading in International Conference, Pune, in 1991. He has to his credit many research articles in Indian and Foreign Journals. *Musing Ayurveda*, a telefilm conceived and produced by him, has earned him great appreciatiom from the Medical World. He has travelled extensively all over India and abroad to collect photographs of various Medicinal Plants

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

THE
CHAUKHAMBA AYURVIJNAN STUDIES
28

AYURVEDIC HOME REMEDIES

DR. PRAKASH PARANJPE
B.A.M & S, M.B.B.S, PhD.
Director, Ayurveda Research Foundation, Pune.

CHAUKHAMBA SANSKRIT PRATISHTHAN
DELHI

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

No part of this book may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, audio or video recording or otherwise without the prior permission of the Publishers.

First Edition : Delhi, 200

© Author

ISBN : 81-7084-151-2

Vaidyaraj Subhash Sharma
National Ayurvedic Library
Punjabi Bagh, New Delhi-26
Call No. LX PD
Book No.
Acc. No. 000036

Published by
CHAUKHAMBA SANSKRIT PRATISHTHAN
38 U.A. Bungalow Road, Jawahar Nagar,
Post Box No. 2113
Delhi-110007 PH. 3956391

Also can be had from
CHOWKHAMBA VIDYA BHAWAN
Chowk, Post Box No. 1069
VARANASI-221001 PH. 320404

CHAUKHAMBA SURBHARATI PRAKSHAN
K 37/117, Gopal Mandir Lane,
Post Box No. 1129
Varanasi-221001 PH. 335263

Cover Page and Photographs
Dr. Prakash Paranjpe & Nandakumar Wakade

Type Settig
Creative Graphics

Printed by
A.K. Lithographers

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

DEDICATION

This book is dedicated

to every person on this earth,

who is health - conscious.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

FOREWORD

Ayurveda is one of the most ancient systems of medicine in the world. Its origin goes back to the sacred Vedas which are considered the oldest scriptures on the human wisdom and civilisation.

Caraka says, ***Man is the epitome of the universe,*** denoting that man is part and parcel of the Universe and as such he can not be taken in isolation. The entire skeleton of body with consciousness which we call 'Man' is not only product of the Universal Nature but also depends thereon for its continuance. The self of the person (*purusha*) is the continuum of the Universal Self while the physical body composed of *pancha mahabhutas* (earth, water, fire, air and ether) originates from the *panchabhautika* seed and derives nourishment from food and drinks of the similar composition.

From core physics of *panchamahabhuta,* the applied concepts of Ayurveda developed in terms of the theories of *tridosha, sapta dhatus, malas, agni* and *ojas,* etc. in the human organism and the concepts of *rasa, guna, virya, vipaka, prabhava,* etc. in diets and medicines. These are the unique concepts of Ayurveda.

In Ayurveda, diet has been given extreme importance. Dietary consideration is an important component of every prescription in Ayurvedic therapy. Sometimes, dietary management is in itself a complete treatment. It is pertinent to emphasise that the type of diet and its suitability for a particular person, should be determined by a person himself.

Pathya is that diet which promotes health and brings about happiness to the body and mind and simultaneously corrects the *panchabhautika* constitution without obstructing the channels. Foods containing different *rasas,* i.e. tastes and *gunas,* i.e.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

properties should be consumed so that all the necessary elemental nutrients are obtained. Therefore *sarvarasabhyasa*, i.e. diet containing all the tastes, is considered the key prinicple of Ayurvedic dietetics.

In present book the author has aptly selected dietary substances, which otherwise can be utilised as medicine also. This book provides the therapeutic properties of more than forty commonly used herbs, which are familiar in kitchen and spice box staples. The knowledge of their Ayurvedic medicinal properties will enable the reader to use them as medicine to prevent as well as to cure various maladies.

Now a days, there is a growing global interest in Ayurveda, especially in its natural, herbal remedies. Dr. Prakash Paranjpe in the present book, has made a timely contribution by highlighting various home remedies, which itself is a natural resource. Besides, he has also incorporated various types of commonly used Ayurvedic preparations. This book will surely serve to propogate Ayurveda. I congratulate my student Dr. Prakash Paranjpe for this very useful contribution to Ayurveda, which will benefit the common man as well as medical fraternity all over the world.

7th July 1999 *Vaidya B. P. Nanal*

Pune

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

PREFACE

Ayurveda, is in real sense, the science of living. Its basic concept that ***man is the microcosm of the macrocosm – the universe,*** is really the universal truth. The five basic elements, viz. Earth, Water, Fire, Air and Ether are both common for the creation of the universe and the human being as well.

Various factors like age, seasonal variations, environmental disturbances, industrialisation, dietary changes etc. lead to an imbalance in an individual. In Ayurvedic healing, this imbalance is corrected with the help of natural resources itself, may be a drug or a diet, which brings back the equilibrium of *tridoshas* in the body. In treating an individual, Ayurveda emphasises on preventive aspect, rather than mere curative one. ***The wholesome diet is the health and unwholesome diet is the disease*** says Charaka.

Today, although the modern man is technologically advanced with all the means at his end, has still not found the means of living healthily. Many a times, the man inevitably gets distracted from his routine, diet and exercise. After some period, the repercussions of his existence against the laws of Nature may surface in the form of a disease. There are, many a times, minor ailments, which really give the clue to him about the forthcoming disease, but he tends to ignore, because of the pace of life. This infact is, really, the delicate phase, where one should stitch in time.

Ancient scholars of Ayurveda, have not only tasted the herbs, but have tested them for thousands of years and laid down the scientific knowledge of herbology. Apart from hundreds of medicinal herbs, there are a few, which we consume as food every day, whose medicinal properties are yet unrevealed.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

This book precisely aims at using these herbs as medicines and should not be intended to be taken as a replacement for medicinal advice. It aims to keep you healthy, away from the diseases and helping you to rejuvenate too. The book gives you an insight into the wonderful Ayurvedic world of remedies, which can add colour and taste to your life.

Vaidya B. P. Nanal, a noted scholar of Ayurveda, has written foreword for this book for which I am indeed thankful.

Dr. Prakash Paranjpe
245, Shukrawar Peth,
Pune - 411 202

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

CONTENTS

FOREWORD vii

PREFACE ix

HERBS

Sanskrit Name	English Name	Botanical Name	Page
1. AJAMODA	Clery seeds	Carum copticum	1
2. ARDRAK	Ginger	Zingiber officinale	3
3. BHALLATAKA	Marking nut	Semecarpus anacardium	6
4. CHANDAN	Sandal wood	Santalum album	9
5. CHADRASHOORA	Water cress	Lepidium sativum	11
6. DADIMA	Pomegranate	Punica granatum	13
7. DHANYAKA	Coriander	Coriandrum sativum	16
8. DURVA	Creeping cynodon	Cynodon dactylon	18
9. DRAKSHA	Grapes / raisins	Vitis vinifera	20
10. ELA	Cardamom	Elettaria cardamomum	22
11. ERANDA	Castor plant	Ricinus communis	24
12. HARIDRA	Tumeric	Cucuma longa	26
13. HINGU	Asafoetida	Ferula narthex	28
14. JAPA	Hibiscus	Hibiscus rosa-sinensis	30
15. JATIPHALA	Nutmeg	Myristica fragrans	32
16. JIRAKA	Cumin seed	Cuminum cyminum	35
17. KARPUR	Camphor	Cinnamomum camphora	38
18. KHARJUR	Date palm	Phoenix dactylifera	41
19. KRISHNAJIRAKA	Black cumin	Carum bulbocastanum	44

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

20. KUMARI	Aloe	Aloe indica	46
21. KUNKUMA	Saffron	Crocus sativus	49
22. LAVANGA	Clove	Syzygium aromaticum	52
23. MARICHA	Black pepper	Piper nigrum	55
24. METHIKA	Fenugreek	Trigonella foenum-greacum	58
25. MISHREYA	Fennel	Foenicum vulgare	61
26. NARIKELA	Coconut	Cocus nucifera	64
27. NIMBUKA	Lemon	Citrus acida	67
28. PALANDU	Onion	Allium cepa	70
29. PUTIHA	Corn mint	Mentha arvensis	73
30. RAJIKA	Mustard	Brassica juncea	76
31. RAKTACHAN-DANA	Red sandal	Pterocarpus santalinus	79
32. RASON	Garlic	Allium sativum	82
33. SHUNTHI	Dried ginger	Zingiber officinale	85
34. TAMALPATRA	Tamal	Cinnamomum tamala	88
35. TILA	Sesame	Sesamum indicum	90
36. TULSI	Basil	Ocimum sanctum	93
37. TVAK	Cinnamon	Cinnamomum zeylanicum	96
38. USHIR	Cuscus grass	Vetiveria zizanioides	99
39. VACHA	Sweet flag	Acorus calamus	102
40. VIDANGA	Babela	Embelia ribes	105
41. VRUKSHAMLA	Kokam butter pee	Garcinia indica	108
42. YASHTIMADHU	Liquorice	Glycyrrhiza glabra	111

MISCELLANEOUS

43. HONEY	114
44. OILS	117
45. MILK	119
46. CURD	122
47. BUTTERMILK	124

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

48. BUTTER 126
49. CLARIFIED BUTTER 128
50. SALTS 130
SUGAR 133
COMMON AYURVEDIC PREPARATIONS 136
DOSAGE 158
APPENDIX 159
SANSKRIT GLOSSARY 164
ENGLISH GLOSSARY 166
LATIN NAME INDEX 170

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

1. AJAMODA

English : Clery seeds
Hindi : Ajawayan, Yavani
Latin : *Carum copticum* (Umebelliferae)
Marathi : Owa

Introduction

Sanskrit name of the plant *agnivardhana* implies stimulation of the digestive fire. Charaka categorises it as *deepaniya* (stimulates digestive fire). The plant is largely cultivated in Eastern India. It is particularly abundant in and around Indore and in Andhra Pradesh. It also grows in Iran, Afganistan, Pakistan and Egypt.

It grows as a shrub, 1 to 3 feet in height, whose roots are fusiform. The fruit is ovoid in shape and greyish brown in colour. It is about 2 cm long and compressed.

Parts Used

Fruits, Leaves, Seeds, Oil, Essence

Ayurvedic Properties

Taste	- Pungent, Bitter
Post digestive effect	- Pungent
Potency	- Hot
Attributes	- Light, Sharp, Unctuous
Dosha	- *Kapha* & *Vata* alleviated

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Actions - Digestant, Vermicidal, Antispasmodic

Medicinal Usage

External

- ✧ Externally, the massage with ajwain seed oil is beneficial in swollen and painful joints.
- ✧ A hot poultice of seeds is useful as dry fomentation for hands and feet.

Internal

- ✧ Mix 1 tsp. of ajwain seed powder and 1 tsp. of dried ginger powder. Add a pinchful of black salt. Take 1 tsp. of this mixture with a cup of warm water to alleviate flatulence, abdominal colic, indigestion and diarrhoea.
- ✧ To relieve flatulence, 1/2 tsp. of seed oil works well.
- ✧ Mix fine powders of ajwain seeds along with *vidanga* (Embelia ribes) berries. Take 1 tsp. of this mixture with little jaggery, to eradicate intestinal worms.
- ✧ To curb hyperacidity, take 1 tsp. of ajwain seed powder with little rock salt.
- ✧ Grind sesame and ajwain seeds into a fine powder, in equal parts. The mixture is beneficial to control the frequency of urination (1 tsp. twice daily).
- ✧ In dry cough, 1 tsp. of seed powder with a pinchful of rock salt, with a glassful of buttermilk, is the best remedy.
- ✧ To mitigate bed wetting in children, 200 mg of its seed powder, with equal amount of *gokshura* (Tribulus terrestris) powder, twice daily, is useful.
- ✧ To avert alcohol addiction, a pinchful of ajwain seeds alone should be chewed frequently.
- ✧ It works well in skin rashes (urticaria) when given along with jaggery, after food, (1 tsp. twice daily).

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

2. ARDRAK

English : Ginger
Hindi : Adarak
Latin : *Zingiber officinale* (Zingiberaceace)
Marathi : Ale

Introduction

The fresh ginger in Sanskrit is known as Ardrak, whereas the dry ginger as *shunthi.* Ginger as a medicinal plant is well known in India and China since long ago. It is referred to as *maha aushadhi,* meaning a great medicine and also *vishvabheshaj,* the universal medicine.

The plant grows widely in India, Jamaica, Nigeria, Taiwan, Sri Lanka and South East Asian countries. It is a slender, perennial rhizomatous herb, grown in the warmer and moist areas. When fully grown, it reaches upto 90cm in height. The leaves are 15-30 cm long, 2-3 cm broad. The rhizomes are thick, lobed and aromatic.

Parts Used

Rhizome

Ayurvedic Properties

Taste	- Pungent
Post digestive effect	- Sweet
Potency	- Hot

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Attributes	- Sharp, Heavy and Hot
Dosha	- Alleviates all three doshas
Actions	- Appetiser, Antiflatulent

Medicinal Usage

External

- A paste of ginger powder and turmeric (1:1) is applied on boils, with great benefit.
- In earache, a few drops of ginger juice are used as ear drops.
- Smearing of a ginger paste on affected area is beneficial in backache.
- The paste of dry ginger applied to gums along with a little salt, mitigates toothache.

Internal

- Chew a small piece (one inch long) of ginger with little salt before meals, to improve the appetite and taste and to cleanse the tongue and throat.
- The same, with rock salt, mitigates indigestion, constipation and flatulence.
- A mixture of juices of ginger and onion (1-3 tsp.) abates vomiting and nausea.
- The juice of ginger (2-3 tsp.) with honey (1-2 tsp.) is benevolent in colds, cough and asthma.
- For chronic cough and colds, prepare a tea of 1/2 tsp. each ginger paste, cloves and cinnamon powder. Add a little honey to it and drink.
- To alleviate general swelling all over the body (anasarca), start consuming ginger with jaggery in gradually increasing dosage from 2 to 20 gm, for a duration of one month.
- *Ardraka Khanda* is a domestic recipe as a general tonic, as well as an appetiser. For that, take ginger juice 50 ml + 250 gm sugar + 50 gm almonds powder + 25 ml. milk, cook it until solid cubes are formed.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

- ✧ Dried ginger (*shunthi*) binds the stools by absorbing the water contents, whereas the fresh ginger breaks down the faeces.
- ✧ Ginger should be used sparingly in the summer and conditions of vitiated *Pitta dosha.*

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

3. BHALLATAKA

English : Marking nut

Hindi : Bhilawa

Latin : *Semecarpus anacardium* (Anacardiaceae)

Marathi : Bibba

Introduction

Bhallataka is one of the best, versatile and most commonly used herbs as a household remedy in India. It was held in high esteem by the ancient sages of Ayurveda. Maharshi Charaka has categorised it as an appetiser, accumulation breaking, anti-diuretic and anti-dermatosis herb. Sharangadhar Samhita mentions it as an aphrodisiac, whereas Sushruta quotes it as lactodepurant (purifies the breast milk).

It is a medium sized tree, 15 - 25 meters in height. The leaves are obovate - oblong, 7 - 15 cm long, rounded at the apex. Fruits, ovoid or oblong drupes, black when ripe, seated on a fleshy receptacle which is yellow when ripe.

Parts Used

Fruit, Seed, Seed oil

Ayurvedic Properties

Taste - Sweet, Astringent

Post digestive effect - Sweet

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Potency	- Hot
Attributes	- Light, Sharp, Unctuous
Dosha	- *Kapha* & *Vata* alleviated, *Pitta* aggravated
Actions	- Appetiser, Aphrodisiac, Rejuvenative, Digestant

Medicinal Usage

Before Using

Bhallataka being sharp and hot in attributes needs purification before use. For that, the fruits are boiled in water first, then keeping them in cold water they are used.

Caution

Bhallataka may show allergic reactions, especially, in individuals of *Pitta* constitution. In such cases, it should be completely forbidden. It should be sparingly used in children, very old individuals, pregnancy and *Pitta* constitutions.

External

- ✧ Apply marking nut oil mixed with *ral* (Shorea robusta) in cracked feet to facilitate healing and soothing.
- ✧ Mix marking nut oil with sesame oil. It is beneficial for massage in *Vata* disorders like joint pains, muscle sprains and sciatic pain.

Internal

- ✧ Take 2 to 5 drops of marking nut oil along with a pinchful of turmeric powder and rock candy. It is the best panacea for bronchial asthma and cough with phlegm.
- ✧ Bhallataka is highly recommended in nonbleeding piles.
- ✧ Take 10-20 drops of its fruit oil with a glass of milk. It augments the appetite, cleanses the bowels, dispells the trapped gases and eliminates the worms.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

✧ Bhallataka augments memory, nourishes the nervine tissue, being a rejuvenative it strengthens the immunity and acts as an aphrodisiac as well. Take 5 drops of its fruit oil with a cup of milk daily.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

4. CHANDAN

English : Sandal wood
Hindi : Chandan
Latin : *Santalum album* (Santalaceae)
Marathi : Chandan

Introduction

Chandan is one of the most popular herbs useful for cosmetic purpose, as it is very cooling and soothing. Since centuries it has been used in India and has its own place as a holy herb. The priests (*brahmins*) annoint their forehead with chandan paste at the time of worship and religious functions.

Ayurveda categorises it as cooling, thirst relieving, anti-pruritic, imparting complexion, pain relieving and detoxifying herb.

Chandan trees grow abundantly in Karnataka, Tamilnadu and Kerala. It is a medium sized evergreen tree with slender drooping branches. The sapwood is white and odourless, whereas the heartwood is yellowish brown and strongly scented.

Parts Used

Heartwood and Volatile oil

Ayurvedic Properties

Taste - Bitter, Sweet
Post digestive effect - Pungent

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Potency	- Cold
Attributes	- Light, Dry
Dosha	- *Kapha* & *Pitta* alleviation, aggravates *Vata*
Actions	- Cooling, Astringent, Aromatic

Medicinal Usage

External

- ✧ The paste of chandan and vetiver (*ushir*) root powder is applied over whole body to relieve the burning sensation.
- ✧ Mix equal quantity (1/2 tsp. each) of chandan, coriander seed powder and vetiver root powder along with rose water. It reduces prickly heat.
- ✧ Make a paste of chandan and *vacha* (Acorus calamus) in water and apply in non-infected pimples. It is very beneficial.
- ✧ Chandan oil by itself or with lemon juice is applied in dry scabies with great benefit.

Internal

- ✧ Take 5 drops of chandan oil with a cup of water, thrice daily. It relieves urinary burning sensation in cystitis, urinary stones and gonorrhoea.
- ✧ Mix 1 tsp. of chandan powder with equal quantity of *amalaki* (Phyllanthus emblica) fruit juice. It relieves vomiting in acute gastritis.
- ✧ Excessive thrist is quenched by chandan matted with coconut fruit water.
- ✧ Chandan oil (5-10 drops) with a cup of water is an effective remedy for chronic cough associated with haemoptysis (blood in sputum) and halitosis (bad breath).
- ✧ Cold infusion (2-3 drops) of chandan, thrice daily, is useful in *raktapitta* (bleeding diathesis).

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

5. CHANDARASHOORA

English : Water cress

Hindi : Ahaliv

Latin : *Lepidium sativum* (Cruciferae)

Marathi : Ahaliv

Introduction

Chandrashoora is one of the commonly used herb for household remedies. It is traditionally used in the postpartum period, to promote the lactation and to alleviate the low back pain due to *Vata*. It is also used as a general tonic in lactating mothers.

It is cultivated throughout India as a culinary vegetable. An erect herbaceous glabrous annual grows upto 45 cm in height. The fruits are obovate, notched at the apex with two seeds per pod. The seeds are elongate, with tapering ends, brownish red in colour.

Parts Used

Seeds

Ayurvedic Properties

Taste	- Pungent, Bitter, Sweet
Post digestive effect	- Pungent
Potency	- Hot

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Attributes	- Light, Unctuous, Slimy
Dosha	- Alleviates *Vata* & *Kapha*
Actions	- Anticolic, Antidiarrhoeal, Appetiser

Medicinal Usage

External

- ✧ Finely grind the seeds and prepare a paste in water. Apply it in skin diseases. The seeds possess antimicrobial activity.
- ✧ The same paste is useful in swollen and painful joints to relieve the pain and inflammation.
- ✧ The paste of seeds is especially beneficial in blunt traumatic wounds. It reduces the haematoma.

Internal

- ✧ Soak the seeds (2 tbsp.) in two cups of water. Prepare the cold infusion and frequently sip it throughout the day to alleviate the hiccup.
- ✧ Cook a handful of seeds in 2 glassful of milk. Add 4 tsp. of sugar. The gruel prepared is beneficial to nursing mothers. It augments the quantity of breast milk, relieves low backache and alleviates leucorrhea.
- ✧ The medicated milk (*kshirapaka*) of the seeds is recommended to nursing mothers as a general tonic.
- ✧ Take 1 tsp. of seed powder with equal amount of powdered sugar. It relieves flatulence with diarrhoea.
- ✧ With warm water, the seed powder (1tsp.) relieves the mucous in bronchial asthma.
- ✧ A popular traditional recipe is laddus or balls of its seeds. The recipe consists of fresh coconut, jaggery and the seeds, cooked together and on cooling slightly, spoonfuls of this mixture are shaped into small round balls. It is highly praised as a tonic for nursing mothers.
- ✧ The cold infusion mentioned above relieves dysuria as it increases the urinary output.
- ✧ In diarrhoea and dyspepsia take fennel and chandrashoora seeds powder (1/2 tsp. each).

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

6. DADIMA

English : Pomegranate
Hindi : Anar
Latin : *Punica granatum* (Punicaceae)
Marathi : Dalimba

Introduction

Apart from its use as an edible fruit, Ayurveda recommends dadima as the best fruit in fevers. Because it is very easy to digest, an appetiser and has cold potency. Sushruta has categorised it as *hridya* meaning pleasant to the mind and heart. Charaka classified it as anti-diarrhoeal and fatigue relieving. Other texts mention it as a nervine tonic, vermicidal and to be useful to improve the taste sensation.

Dadima tree grows 10- 15 feet in height. The leaves are opposite 2-6 cm long, oblong, shining above, bright green beneath. The flowers bright red rarely white, 4 to 5 cm long. The fruit ovoid, 5 cm in diameter, full of seeds. Dadima trees grow in abundance in Iran, Afganistan and Baluchistan.

Parts Used

Fruit, Fruit - rind, Root-skin

Ayurvedic Properties

Taste - Sweet, Astringent, Sour

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Post digestive effect	- Sweet or Sour
Potency	- Semi-hot or Cold
Attributes	- Light, Unctuous
Dosha	- Alleviates *Kapha* & *Vata*
Actions	- Tonic, Antidiarrhoeal, Haematinic

Medicinal Usage

External

- ✧ Decoction of the fruit-rind promotes the wound healing and reduces the swelling as well.
- ✧ The gargles of the same heal up the ulcers in the oral cavity and throat.
- ✧ Instill the juice of flowers into nostrils (2-5 drops) to arrest the bleeding in epistaxis (nose bleed)
- ✧ Apply fruit juice to the skin to abate the allergic skin rashes due to insect bites.
- ✧ Medicated oil of dadima-rind is used for massage in sagging of breasts.

Internal

- ✧ The juice of dadima fruit (a cupful) is highly praised in treating fevers, as it alleviates thirst, augments appetite, improves taste sensation, controls diarrhoea and increases the strength.
- ✧ A cup of juice of raw dadima fruit combined with 1/2 tsp. clove powder, 1/2 tsp. *mayaphala* (Quercus infectoria) powder and 1 tsp. of honey effectively controls loose motions in colitis.
- ✧ The decoction (1/2 cup) of its root skin facilitates the explusion of intestinal worms.
- ✧ Dadima fruit is highly esteemed in convalescence.
- ✧ Mix the *bibhitaka* (Terminalia belerica) fruit powder, liquorice and dadima fruit-skin powder (1/2 tsp. each). Take the

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

mixture with equal quantity of honey, thrice daily. It is the best panacea for cough.

✧ In anaemia, dissolve 1/4 tsp. cinnamon powder and 2 tsp. honey in 1 cup dadima juice and drink.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

7. DHANYAKA

English : Coriander
Hindi : Dhaniya
Latin : *Coriandrum sativum* (Umbelliferae)
Marathi : Dhane

Introduction

'Dhanyaka' word denotes both, the plant as well as its seed. The plant is known as 'coriander' in English, which is an European herb of the parsley family. Charaka has mentioned it as *rechana,* i.e. which improves the taste sensation and as *deepana,* i.e. which augments the appetite.

It is a glabrous, aromatic, herbaceous annual, 30-90 cm in height. The leaves decompound, are used in flavouring the food. The fruits are yellowish brown, globular and ribbed and are used for the same purpose.

Parts Used

Seeds, Fresh leaves

Ayurvedic Properties

Taste	- Astringent, Bitter, Sweet
Post digestive effect	- Sweet
Potency	- Cold (green seeds), Semi-hot (dry seeds)

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Attributes	- Unctuous, Light
Dosha	- Alleviates all the three doshas
Actions	- Appetiser, Digestant, Diuretic

Medicinal Usage

External

- ✧ The paste of a handful of coriander leaves matted with fresh coconut fruit, applied on allergic rashes caused by marking nut (*bhallataka*) imparts excellent relief.
- ✧ Make a paste of coriander seeds and apply it on affected part. It reduces the pain and swelling.
- ✧ It also works well to alleviate headache due to high *Pitta*.
- ✧ Gargles with the decoction of coriander seeds are benevolent in stomatitis.
- ✧ Crush the fresh leaves of coriander and instill the juice (5 drops) into nose. It checks the nosebleed.
- ✧ The same when instilled into eyes, reduces burning, redness and discharges from the eyes in conjunctivitis.

Internal

- ✧ Prepare a decoction of coriander seeds and liquorice (equal amounts). Take 2 tbsp. thrice a day. It relieves bronchospasms in cough.
- ✧ In urinary burning, viz. in cystitis, the decoction of coriander seeds and *gokshura* (Tribulus terrestris) is very useful.
- ✧ Coriander seeds along with cardamom, black pepper, ghee and sugar alleviates the distaste.
- ✧ Cold infusion of coriander seeds abates the thirst and burning sensation of the body.
- ✧ Soak in a glass of water 1 tsp. each coriander seeds, sandal paste and dried *amalaki* (Phyllanthus emblica) fruits. Strain it and drink the water next morning. It abates giddiness.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

8. DURVA

English : Creeping cynodon
Hindi : Haridooba
Latin : *Cynodon dactylon* (Poaceae)
Marathi : Durva

Introduction

The Sanskrit word 'Durva' literally means that which is cut or eaten by the animals. It is the most sacred plant of India next to *tulsi*. The plants sacred to Shankar, Ganesh and Visnu are *bilva*, durva and *tulsi*, which alleviate *Vata*, *Pitta* and *Kapha doshas*, respectively.

Ayurvedic texts mention two types of durva, viz. White (*sveta*) and green (*hara*). Whereas Nighantus mention the third type, i.e. *ganda* durva, which is entirely a different plant.

Durva grows wild, throughout India and also cultivated as lawns for decorative purposes. It is a prostrate, highly branched perennial grass. The leaves are narrow, linear, 2.5 - 10 cm long and smooth.

Parts used

Whole plant

Ayurvedic Properties

Taste - Astringent, Sweet
Post digestive effect - Sweet

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Potency	- Cold
Attributes	- Light, Unctuous
Dosha	- *Kapha* & *Pitta* alleviates
Actions	- Haemostatic, Anti-diarrhoeal, *Jeevaniya*

Medicinal Usage

External

- ✧ Sesame oil enhanced with durva promotes the wound healing in burns and scalds and the chronic wounds as well.
- ✧ Grind a handful of durva leaves into a fine paste and apply it locally in piles.
- ✧ The paste of durva leaves alleviates burning sensation in the skin.
- ✧ Take equal quantity of rice flour and durva leaves juice. Mix it well and apply it on the skin rash and boils.
- ✧ Nasal drops (4-5) of fresh leaves juice arrests the nose-bleed.

Internal

- ✧ Durva is an effective adjuvant in the treatment of epilepsy and hysteria.
- ✧ Being a potent haemostatic, the plant juice promptly arrests bleeding in piles, menorrhagia, epistaxis, haemoptysis, diarrhoea and dysentery.
- ✧ Medicated ghee (2 tsp.) thrice daily with durva juice averts an abortion and facilitates the foetal growth.
- ✧ Make juice of a fresh plant. Take it (2 tsp.) with equal quantity of rice water and little rock candy. It curbs the vomiting.
- ✧ The plant juice (2 tbsp. thrice daily) taken along with sugar mitigates burning micturition in cystitis.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

9. DRAKSHA

English : Grape
Hindi : Angur
Latin : *Vitis vinifera* (Vitaceae)
Marathi : Draksha

Introduction

Ayurvedic texts mention two varieties of draksha, viz. *harita* (green) and *krishna* (black). The dried fruits of draksha are known as 'raisins'.

Charaka has categorised draksha as *snehopaga* (oleating adjunctive), i.e. which facilitates absorption of oils, *virechanopaga* (adjunct to purgation), i.e. usually laxative, *kasahara* (anti-tussive), i.e. relieves cough and *jvarahara* (febrifuge), i.e. relieves fever.

Draksha grows throughout the world and there are various varieties available. It is a large, deciduous climber, often bifid tendrils with more or less deeply, palmately 3-5-7 lobed leaves. (Fruits-berries) very variable.

Parts Used

Fruits (grapes), Dried fruits (raisins)

Ayurvedic Properties

Taste - Sweet, Sour
Post digestive effect - Sweet

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Potency	- Cold
Attributes	- Unctuous, Laxative, Heavy, Soft
Dosha	- Alleviates *Vata* & *Pitta*
Actions	- Laxative, Aphrodisiac, Diuretic, Anabolic

Medicinal Usage

External

- ✧ Grapes are seldom used externally.

Internal

- ✧ Eat a handful of grapes (3-4 times a day). As they are cooling and diuretic, they alleviate the burning urination in dysuria.
- ✧ Prepare a decoction of liquorice and black grapes. Take 2-3 tbsp. thrice a day. It alleviates the thirst.
- ✧ Grapes along with almond, pistachio and rock candy work well as a tonic in debility.
- ✧ In *Pitta* diseases, eat a handful of black grapes with pinchful of cumin seed powder and sugar. It is the best panacea for *Pitta.*
- ✧ Ayurveda has highly praised drakasha as the best fruit (*phalottama*) amongst all, in tuberculosis.
- ✧ The combination of draksha juice 2 tbsp., *haritaki* fruit (Terminalia chebula) 1 tsp. and sugar 1 tsp. alleviates hyper-acidity.
- ✧ *Drakshasava,* the medicated wine of draksha is highly recommended in general debility.

Raisins

- ✧ Take 5-10 raisins in fever. It boosts energy and gives mild laxative effect.
- ✧ In debility, raisins cooked in milk and consumed with rock candy and ghee (1 tsp. each) is beneficial for weight gain.
- ✧ The professionals like teachers, lawyers, singers should consume 20-30 raisins, daily, to prevent the hoarseness of voice.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

10. ELA

English : Cardamom
Hindi : Elayachi
Latin : *Elettaria cardamomum* (Scitaminaceae)
Marathi : Veldoda

Introduction

Ayurvedic texts mention two varieties of ela as *ela dvaya,* namely, *sookshma* (lesser), i.e. Elettaria cardamomum and *brihat* (greater), i.e. Amomum sublatum. The lesser variety is commonly used for medicinal purpose, whereas the greater variety in spices. The great sage Charaka categorises ela as *shvasahara* (antiasthmatic), *angamardaprashamana* (relieves bodyache) and as *shirovirechana* (useful in cleansing nasal therapy).

Ela is cultivated throughout India. It is a tall herbaceous perennial with branching root stock, 1-2 meters in height. The fruits are trilocular, subglobose capsules, marked with many fine vertical ribs. The seeds 15-20 per pod, brownish covered by a thin mucilagenous membrane.

Parts Used

Seeds

Ayurvedic Properties

Taste - Pungent, Sweet
Post digestive effect - Sweet
Potency - Cold

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Attributes	- Light, Dry
Dosha	- Alleviates *Kapha* & *Vata*
Actions	- Appetiser, Antiemetic, Carminative

Medicinal Usage

External

- ✧ Combine in equal quantity, the powders of ela, *jatamansi* roots (Nardostachys jatamansi) and *aguru* (Aquilaria agallocha). Mix them with milk. Apply it as a face salve.
- ✧ Mix the cardamom powder with ghee or coconut oil. Dress the chronic foul wounds. It promotes the wound healing.
- ✧ Heat 2 tbsp. sesame oil and mix 1/2 tsp. each finely powdered cardamom and cinnamon. Apply it on head to alleviate migraine.
- ✧ Cardamom is used in different combinations as a mouth odorant, bath-powder and complexion promoter.

Internal

- ✧ Make an infusion of 1 tsp. each of cardamom and cinnamon in 1 teacup water. Drinking this alleviates the bad breath (halitosis).
- ✧ Take the fruit-skin of 5-6 cardamoms. Burn it into ash. Eat that ash with 1 tsp. honey. It abates vomiting in children.
- ✧ Finely powder few cardamom seeds and mix it with little honey or *amalaki* fruit juice or water part of the curds (whey). It works well in burning urination.
- ✧ In involuntary discharge of semen (spermatorrhoea) take 1/4 tsp. each, of cardamom and asafoetida powders with ghee.
- ✧ Prepare a decoction of cardamom, asafoetida and rock salt, in equal quantity. Take 2 tbsp. decoction with 1/2 tsp. castor oil. It combats abdominal colic.
- ✧ The combination cardamom and dried ginger (*shunthi*) powders, 1/8 tsp. each, with 1 tsp. honey, wards off the blocked phlegm in cough.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

11. ERANDA

English : Castor plant
Hindi : Andi
Latin : *Ricinus communis* (Euphorbiaceae)
Marathi : Eranda

Introduction

Charaka and Sushruta have described several medicinal properties of castor oil. As a laxative it has been used in many parts of the world. In some of the Sanskrit Nighantus, the plant has been described as specially useful for rheumatic disorders. Ayurveda categorises it as *chakshushya* (beneficial to eyes), *bhedaniya* (disintegrates faecal matter), *angamarda prashamana* (relieves body aches).

It is a tall glaucous branched shrub, almost a small tree, 2-4 meters in height. The leaves broad, alternate, palmately lobed, lobes 7 or more, serrate. The fruit is dry three-celled, three-seeded prickly capsule. The seeds are about 8-15 mm long & 6-9 mm wide. Out of two varieties, i.e. red and white, white is used.

Parts used

Root, Leaves, Seeds, Oil

Ayurvedic Properties

Taste - Sweet, Pungent, Astringent
Post digestive effect - Sweet
Potency - Hot

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Attributes	- Heavy, Unctuous, Sharp, Subtle
Dosha	- Alleviates *Vata* & *Kapha*
Actions	- Potent Anti-*Vata*, Laxative, Destroys *ama*, Antiflatulent, Appetiser

Medicinal Usage

External

- ✧ Apply castor oil on swollen joint. Then foment the joint with bearably hot leaves of eranda. It relieves the pain and swelling in *Vata* diseases associated with *ama* (*samavata*) viz. rheumatism, scitica, gout, etc.
- ✧ Instill 2-3 drops of castor oil into eyes. It acts as a cleansing agent for the eyes.
- ✧ If your skin is dry and coarse, apply castor oil and gently massage.
- ✧ Fomentation with hot leaves imparts anti-phlogistic effect in inflammatory conditions of breast.
- ✧ For better growth and as a cosmetic beauty aid, eranda oil is applied to hair.

Internal

- ✧ Extract the juice from fresh leaves. Take 2 tsp. juice with 2 tsp. sugar thrice daily. It is an effective remedy for hepatitis.
- ✧ Take castor oil (1/4 - 1/2 teacup) with equal quantity of decoction of *shunthi* (dried ginger). It works well as a purgative.
- ✧ Prepare a decoction of eranda and *rasna* roots and *shunthi* rhizomes, in equal quantity. It alleviates pain due to *Vata*.
- ✧ For the same, eranda and *guggulu* (Commiphora mukul) is the best combination. Preparations, for example, are *sinhanad guggul* and *shadang guggul*.
- ✧ The fresh leaf juice is an effective antidote for opium intoxication.
- ✧ Decoction prepared with eranda seeds, *vasa* roots and *guduchi* stem when given along with castor oil, works well in bleeding diathesis (*raktapitta*).

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

12. HARIDRA

English : Turmeric
Hindi : Haldi
Latin : *Curcuma longa* (Scitaminaceae)
Marathi : Halad

Introduction

The Sanskrit word 'Haridra' literally means that which improves the complexion of the skin. Haridra is an integral part of the Indian cuisine and is also used in Hindu religious functions, wedding and festivals since centuries. Charaka has categorised it as a reducing herb, complexion improving herb, an anti-toxin and antidermatosis. Ayurvedic texts also recommend it as anti-pruritic, haemostatic and the remedy for hepatitis.

Haridra grows all over India and is cultivated in many parts of India as a commercial crop. It is a perennial herb, 60-90 cm in height with a short stem and tufts of erect leaves. The rhizomes are cylindric, ovoid, orange coloured and branched.

Parts Used

Rhizomes

Ayurvedic Properties

Taste - Bitter, Pungent
Post digestive effect - Pungent
Potency - Hot

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Attributes	- Light and Dry
Dosha	- Alleviates *Vata* & *Kapha*
Actions	- Digestant, Astringent, Anti-dermatosis, Antidiabetic, Haemopoetic

Medicinal Usage

External

- ✧ As a household first-aid, the turmeric powder by itself is applied on cuts and bruises with little pressure to arrest bleeding. It also works as an antiseptic.
- ✧ The paste of haridra and *lodhra* (Symplocos racemosa) is applied on breasts in mastitis.
- ✧ Take 1 tsp. of turmeric powder with a cup of water. Boil and strain. Use it as an eye-wash for conjunctivitis.
- ✧ Apply a poultice of turmeric paste with ghee or sesame oil, when bearably hot. It is an effective remedy for sprains, wounds and inflammed joints.
- ✧ Turmeric is the widely used ingredient in cosmetics for cure for darkness, blemishes and in body and face salves.

Internal

- ✧ With hot milk and little sugar, turmeric powder is useful in cough and hoarseness of voice.
- ✧ Mix haridra, *guduchi* (Tinospora cordifolia) and *amalaki* (Phyllanthus emblica) powders, 1/8 tsp. each in a cup of milk. It is taken twice a day, as an adjunct for diabetes.
- ✧ The combination turmeric powder and jaggery with rice water, works well in urinary stones.
- ✧ Prepare a decoction of haridra and take it (1/2 teacup) with little honey, twice a day. It alleviates leucorrhoea.
- ✧ Take 1/4 tsp. turmeric powder with a glass of hot water 2 or 3 times daily in jaundice.
- ✧ Turmeric powder 1/4 tsp. 3 times daily, is useful in skin disorders like urticaria and pruritus.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

13. HINGU

English : Asafoetida
Hindi : Heenga
Latin : *Ferula* narthex (Umbelliferae)
Marathi : Hinga

Introduction

Ayurvedic texts categorise hingu as *deepaniya* (an appetiser) and *sanjna-sthapana* (restores consciousness). Asafoetida is the resinous substance obtained by an incision in the living roots of the hingu plant. It has a strong smell and is used frequently as a spice in very small quantities.

It is a tall perennial herb with robust carrot-shaped roots. The leaves are of two types, lower simple, 30-60 cm, long, ovate and the upper much divided into numerous segments. Young leaves are densely hairly. The flowers small, yellow, in large terminal clusters. Fruit 8 mm long, about half as broad or broader. The plant is cultivated in Kashmir and Afganistan.

Parts Used

Resin

Ayurvedic Properties

Taste	- Pungent
Post digestive effect	- Pungent
Potency	- Hot

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Attributes	- Light, Unctuous, Sharp
Dosha	- Alleviates *Kapha* & *Vata*
Actions	- Deflatulent, Diagestant, Anticolic, Vermicide, Stimulant

Medicinal Usage

Purification : Before use, asafoetida is fried in hot ghee till it gets a reddish tinge.

External

- ✧ Finely grind a handful of *neem* (Azadirachta indica) leaves and asafoetida. Prepare a paste and use it for wound dressing.
- ✧ Apply a bearably warm paste of higu around the naval region. It alleviates the abdominal pain in children, due to flatulence.
- ✧ Wrap the roasted hingu powder in a cotton swab. Place it in the dental cavity to alleviate the pain.
- ✧ Nasal drops of medicated water of asafotedia relieve colds and migraine.
- ✧ Apply the paste of asafotedia on chest. It gives relief in cough and asthma.
- ✧ The decoction of asafoetida (2gm) in water (100ml) is beneficial as enema in worm infestations.

Internal

- ✧ Take 2 pinchfuls of hingu powder along with ghee. It abates flatulent dyspepsia.
- ✧ For the same, mix a pinchful of powders of each hingu, *ajawain* and *vidanga*, thrice a day, for good relief.
- ✧ Mix 1/4 tsp. hingu and cardamom powders and take it along with milk and ghee. It is the best panacea for urinary complaints.
- ✧ Take a pinchful of hingu powder with hot water 3 times daily. It relieves abdominal pain in dysmenorrhoea.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

14. JAPA

English : Hibiscus
Hindi : Gudahar
Latin : *Hibiscus rosa-sinensis* (Malvaceae)
Marathi : Jaswanda

Introduction

Japa enjoys an important place among medicinal herbs used to promote the growth and preserve natural colour of the hair. Ayurvedic texts mention three varieties of japa, viz. white, red and yellow.

The plant is commonly found all over India. It is an evergreen shrub, about 3 meters tall, quite commonly grown in gardens, bungalows and other places as an ornamental plant. It is a perennial shrub, with leaves short petioled, ovate, irregularly serrate towards the top. The flowers are axillary, solitary and red.

Parts Used

Flowers, Leaves and Roots

Ayurvedic Properties

Taste	- Sweet
Post digestive effect	- Sweet
Potency	- Cold
Attributes	- Light, Unctuous

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Dosha	- Alleviates *Pitta*
Actions	- Promotes hair-growth, Alleviates leucorrhoea

Medicinal Usage

External

- ✧ Massage with enhanced oil of japa leaves. It prevents the hair fall.
- ✧ The medicated olive oil with the petals of japa flowers is benevolent for healthy growth and colour of the hair.
- ✧ In China, a dye prepared from the petals of japa flowers is used to colour hair black and also the eyebrows.
- ✧ Prepare a paste with equal parts of japa flowers, *amalaki* fruits and *lohakitta* (iron rust). Apply it for three consecutive days to the hair. Grey hair would become black and would remain the same for two months after the application.

Internal

- ✧ Extract the juice from handful of fresh leaves. Add a little sugar and drink. It is the best panacea for vitiated *Pitta.*
- ✧ Pluck few buds of japa and fry them in ghee. Add a pinchful of *nagakesar* (Mesua ferrea) powder and rock candy. It alleviates leucorrhoea.
- ✧ Take the roots of japa and mat them on stone with little milk. Drink it 2 times daily. It is useful in bleeding piles.
- ✧ Prepare a cold infusion of flowers. Consume it 1/2 teacup thrice a day. It mitigates urinary burning sensation. It also mitigates bronchial catarrh.
- ✧ Fry 4-5 buds of japa in ghee and eat them with rock candy, followed by a glass of cow's milk. It is very useful in sexual debility.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

15. JATIPHALA

English : Nutmeg
Hindi : Jayphala
Latin : *Myristica fragrans* (Myristicaceae)
Marathi : Jayphala

Introduction

Jatiphala is commonly used in kitchen preparations, especially sweetmeets, as it is aromatic, digestant, appetiser and astringent. Ayurvedic Samhitas mention it as *kamottejaka* (sex stimulant), *shukrastambhana* (averts premature ejaculation of seminal fluids) and anti-diarrhoeal as well.

Jatiphala is a moderate sized evergreen, glabrous tree of 10-13 meters height. The leaves are elliptic, shiny above and dull below. The fruits yellow, globose, pericarp fleshy, splitting into two halves at maturity. The seeds are oblong, obtuse, testa shining and aril yellowish red in colour. This yellowish red coloued crust is separated on drying, is known as jayapatri. The seed is known as jatiphala. The trees are cultivated in hotter parts of India upto 750 meters height.

Parts Used

Seeds, *Jayapatri*

Ayurvedic Propertis

Taste - Pungent, Bitter, Astringent
Post digestive effect - Pungent

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Potency	- Hot
Attributes	- Light, Sharp, Unctuous
Dosha	- Alleviates *Vata* & *Kapha*
Actions	- Appetiser, Digestant, Astringent

Medicinal Usage

External

- ✧ Apply the paste of nutmeg on a affected joint to relieve pains. It also relieves headache when applied on the forehead.
- ✧ Massage the whole body and limbs with medicated oil of nutmeg. It relieves the cold sensation.
- ✧ Nutmeg oil massage is stimulant in failure of penile erection.
- ✧ Combine nutmeg and mustard oil. Massage alleviates the colds and headache.
- ✧ Apply the paste of nutmeg with milk. It imparts glow to the skin.
- ✧ Pimples (acne vulgaris) respond well to the application of paste of nutmeg, *vacha* and *chandana*, together.
- ✧ Jatiphala is a commonly used ingredient in cosmetics as a complexion promoter, mouth odorants, teeth cleaning, cure for darkness and blemishness.

Internal

- ✧ Take 1/4 tsp. nutmeg powder with a little jaggery. It promptly controls the diarrhoea.
- ✧ In children, nutmeg and *shunthi* (dried ginger) matted with ghee controls diarrhoea, associated with colds.
- ✧ Take 1/8 tsp. of nutmeg powder with little ghee. It reduces dry cough with bronchospasm.
- ✧ Add 1/8 tsp. of nutmeg powder to a glass of milk. It is a good sex stimulant and averts the premature ejaculation as well.
- ✧ Add 1/8 tsp. nutmeg powder and 1 tsp. ginger paste to 1/2 teacup yoghurt diluted with 1/2 teacup water and drink. It checks the diarrhoea.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Caution

- ✧ In higher dosage smptoms like vertigo, flatulence, etc. are seen.
- ✧ Antidote - induce vomiting with the salt and buttermilk.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

16. JIRAKA

English : Cumin seed
Hindi : Jeera
Latin : *Cuminum cyminum* (Umbelliferae)
Marathi : Jire

Introduction

It is the household condiment of India. Useful as an appetite stimulant and a digestive. Charaka has categorised it as *shoolaprashamana* (analgesic and anticolic), *shirovirechana* (cleansing nasal therapy) to help remove *Kapha* from above the neck. It is widely used in India as a hosehold remedy for common gastrointestinal upsets, as a carminative and anti-diarrhoeal.

Jiraka is native of Egypt and Syria. It is cultivated as a summer crop on the hills in Northern India. The plant is cylindrical, tip narrowed, seeds are grossly compressed, convex and concave.

Parts Used

Seeds

Ayurvedic Properties

Taste	- Pungent
Post digestive effect	- Pungent
Potency	- Hot
Attributes	- Dry , Light

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Dosha	- Alleviates *Kapha* & *Vata*
Actions	- Appetiser, Antispasmodic, Eliminates *Vata*

Medicinal Usage

External

- ✧ Apply the paste of cumin seeds on swollen and painful parts. It gives good relief.
- ✧ To promote the skin complexion apply the face salve of cumin powder.
- ✧ Paste applied, also alleviates itching in scabies and urticaria.
- ✧ Cleanse the chronic foul wounds with cold infusion of jiraka. It promotes the wound healing.
- ✧ Chew a few cumin seeds. Due to their unctuous attribute, it helps in stomatitis and sore throat.
- ✧ An eyewash with jiraka water reduces conjunctivitis.
- ✧ Prepare a fine paste of turmeric, alum and cumin seeds. It alleviates inflammation of breasts (mastitis), scrotum (orchitis) and piles.
- ✧ Grind 1 tsp. cumin with coconut milk and apply frequently in prickly heat.

Internal

- ✧ Cumin powder (1/2 tsp.) with little ghee abates hiccup.
- ✧ Prepare gripe water of cumin extract, fennel and *vidanga*. It is benevolent for children in abdominal pain due to flatulence.
- ✧ Mix the powders of *shatavari* (Apsaragus racemosus) roots and cumin seeds (4:1). Take 1 tsp. with a cup of milk. Add 1 tsp. sugar and drink it 3 times daily. It augments breast milk (galactagogue) in nursing mothers.
- ✧ To abate vomiting in pregnancy, take 1/2 tsp. each, cumin powder and lemon juice.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

- ✧ One tsp. cumin powder along with warm water curbs diarrhoea.
- ✧ Prepare a decoction of cumin. Take 2 tbsp. 3 times daily. It improves the appetite and taste sensation.
- ✧ In post-fever debility, cumin augments the appetite and energy.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

17. KARPUR

English : Camphor
Hindi : Kapur
Latin : *Cinnamomum camphora* (Lauraceae)
Marathi : Kapur

Introduction

Apart from medicine, Karpur is a part of traditional, cultural and religious fabric of Indian life. It is burned as an incense during *puja* or devitional worship to purify the atmosphere and promote meditation. Ayurvedic texts mention it as a fragrant, cooling agent, aphrodisiac, deodorant and an alleviator of thirst.

It is a large handsome evergreen tree attaining a height of nearly 35 meters and a girth 2-2.5 meters. The leaves are leathery, shining and aromatic. The fruits are dark green, ovoid, rather dry, globose and about 0.5 cm in diameter. The camphor is formed in the oil cells distributed in all parts of the tree, but is obtained mainly from the leaves and also from the stems by distillation. The camphor oil is separated during the process. The camphor is in the form of an amorphous powder which is moulded into different shapes.

Parts Used

Resin

Ayurvedic Properties

Taste - Bitter, Pungent, Sweet

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Post digestive effect	- Pungent
Potency	- Cold
Attributes	- Light, Sharp
Dosha	- Alleviates three doshas
Actions	- Aphrodisiac, Beneficial to the eyes

Medicinal Usage

External

- ✧ Camphor oil is benevolvent for massage in rheumatics disorders, myalgia and vitiated conditions of *Vata.*
- ✧ Place topically, the swab dipped in camphor oil to relieve the dental pain.
- ✧ Mix a pinch camphor and *chandana* (sandal wood) powders in milk. Soak the cloth in it and keep it on forehead to relieve headache and fever.
- ✧ Massage with comphor oil is useful in bronchitis, pneumonia, chest-pain and backache.
- ✧ Various market preparations like balms, dental and ophthalmic products contain camphor.
- ✧ Camphor is one of the commonly incorporated ingredient of body salves, body powders, complexion promoters and depilatories.

Internal

- ✧ Few drops of camphor extract with 1 tsp. sugar is an effective remedy for summer diarrhoea.
- ✧ As an adjunct, camphor is beneficial in urinary disorders.
- ✧ It is also useful as a cardiac stimulant.
- ✧ Take 1/2 pinchful of camphor powder with little jaggery. It abates worm infestations.
- ✧ As an adjunct, because of its sharp and light attributes, it is salutary in the treatment of obesity.
- ✧ Take a half pinchful of camphor powder with a glass of water. It is the best antidote for *bacchanag* (Aconitum ferox) intoxication.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Caution

✧ Always use camphor in small quantity. In large doses it acts as a narcotic poison.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

18. KHARJUR

English : Date palm
Hindi : Khajoor
Latin : *Phoenix dactylifera* (Arecaceae)
Marathi : Khajoor

Introduction

Sushruta has mentioned the four varieties of kharjur, viz. *madhu, bhoo, raj* and *pinda* kharjur. Amongst the four, he has praised *pinda* kharjur as *shramahara* (alleviates fatigue), *brimhaniya* (a bulk promoting) and *virechanopaga* (an adjunct to purgation therapy).

Kharjur or date palm is a native of North America, Egypt and Arabia, now cultivated in Sindh and Punjab. It is tall palm upto 36 meters in height. The leaves are pinnate, upto 5 meters long. The fruits are oblong berries, reddish or yellowish brown when ripe. The pulp of fruits is fleshy and sweet. It is commonly used as an edible fruit. The dried immature fruit is called as *kharika* in local language, which is often consumed along with dry fruits.

Parts Used

Mainly fruits, Leaves, Roots and Seeds

Ayurvedic Properties

Taste - Sweet, Astringent
Post digestive effect - Sweet

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Potency	- Cold
Attributes	- Heavy, Unctuous
Dosha	- Alleviates *Vata* & *Pitta*
Actions	- Useful in debility, Tuberculosis

Medicinal Usage

External

- ✧ Prepare the decoction of the roots. The gargles with this decoction relieves toothache.
- ✧ The seed of *kharika,* i.e. immature dried fruit is matted with water on a grinding stone. The paste formed, is applied on stye (infection of an eyelash follicle, i.e. hordeolum) to relieve the pain.
- ✧ The same paste is applied on the forehead to relieve headache.

Internal

- ✧ Cook *kharika,* dried ginger, grapes, ghee and sugar in milk. Take a glassful of it twice daily. It relieves the chronic fever.
- ✧ Eat daily 4-5 dates to keep bowels open, enhance the skin complexion, to reduce the wrinkles and for longevity.
- ✧ Ayurveda highly praises dates as *saddyah baladayi,* i.e. regaining energy quickly.
- ✧ For that kharjur *mantha* is one of the simplest preparation. Crush 10-15 dates and churn them with a glassful of water until it becomes thick. It is extremely beneficial to athlets, swimmers, sportsmen, etc. for quick energy regain.
- ✧ Prepare a jam of dates with *pippali* (Piper longum), raisins (dried grapes) and rock candy. Eat 2 tsp. of this jam, with 2 tsp. each ghee and honey. It gives relief in bronchial asthma and hiccup.
- ✧ The resin exuded from date palm tree is called as *neera* in local language. It is consumed as a popular cold drink in

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

summer. It is mild diuretic, alleviates thirst and stimulates an appetite.

✧ Eat 2-3 dried immature dates with honey. It abates bleeding diathesis (*raktapitta*).

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

19. KRISHNAJIRAKA

English : Black cumin
Hindi : Syahajira
Latin : *Carum bulbocastanum* (Umbellifereae)
Marathi : Shahajire

Introduction

Ayurvedic texts mention two varieties of *jiraka*, together called as *jiraka dvayam*, which are the *shveta* (white), i.e. Cuminum cyminum (see *jiraka*) and *krishna* (black), i.e. Carum bulbocastanum, i.e black cumin. Dhanwantari Nighantu mentions krishnajiraka as *chakshushya* (beneficial for the eyes), useful in chronic fevers and as an astringent in diarrhoea.

Krishnajiraka grows in Kashmir, Garawal, Kumau hills, Afganistan and Baluchistan, upto 2000-4000 metres elevation. It is a pretty shrub, which grows 0.75-1 metre in height. The leaves are oblong, dentate and the flowers are umbrella shaped. The fruits are 0.3-0.4 cm long, yellowish grey in colour. The seeds are smaller than those of cumin seeds, thin and have typical bitter pungent fragrance.

Parts Used

Seeds, etc.

Ayurvedic Properties

Taste - Pungent
Post digestive effect - Pungent

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Potency	- Hot
Attributes	- Light, Dry, Sharp
Dosha	- Alleviates *Kapha* & *Vata*
Actions	- Febrifuge, Beneficial to eyes, Astringent

Medicinal Usage

External

- ✧ Prepare fine paste of seeds and mix it with sesame oil. Apply on skin eruptions.
- ✧ Mix the seeds of black sesame, krishnajiraka, *jiraka* (cumin) and white mustard. Crush them into a fine paste. Apply on the face to remove the black spots and to make face glow.
- ✧ Grind black cumin seeds into a fine paste. Apply it in pimples (acne), boils, pustules, etc.

Internal

- ✧ Chew a pinchful of black cumin seeds. It is a good mouth freshner and deodorant in bad breath (halitosis). It also is a keen digestant and an appetite stimulant.
- ✧ Take 1/2 tsp. powder of black cumin seeds with a glass of buttermilk to mitigate hiccup.
- ✧ Take 1/2 tsp. powder of black cumin seeds with warm water. It relieves digestive ailments like flatulent, dyspepsia, diarrhoea and vomiting.
- ✧ Black cumin seed powder (1 tsp. twice daily) works well to augment breast milk (galactagogue) in nursing mothers and beneficial in puerperal fever as well.
- ✧ Take 1/2 tsp. powder of black cumin seeds daily. It is useful in amenorrhea and dysmenorrhea. (In large dosage seeds lead to abortion).
- ✧ Take a few drops of oil of black cumin with betel leaf, as an aphrodisiac.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

20. KUMARI

English : Aloe
Hindi : Ghee kunwar
Latin : *Aloe indica* (Liliaceae)
Marathi : Khorphad

Introduction

'Kumari' in Sanskrit means a young, virgin girl. As the herb imparts youthful energy and enhances feminity, hence the name. Ayurvedic texts categorise it as *bhedaniya* (accumulation breaking herb), *netrarogaghna* (alleviating ophthalmic diseases) and *pleeharogaghna* (ameliorating diseases of the spleen).

The plant is a 30-60 cm tall, perennial with short stem and shallow roots system. The leaves are large, thick, fleshy in rosettes, sessile. Many species grow naturally in India in a semi-wild state in all regions, It is also cultivated throughout India. It is commonly used as a liver tonic, anti-burn remedy and a cosmetic aid.

Parts Used

Fresh gel, Solid extract (*bol*)

Ayurvedic Properties

Taste	- Bitter, Sweet
Post digestive effect	- Sweet
Potency	- Cold
Attributes	- Heavy, Unctuous

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Dosha - Alleviates all three *doshas*

Actions - Appetiser, Laxative, Vermicide

Solid extract (*bol*) is bitter in taste, pungent in post digestive effect and hot in potency. It has hot and light attributes. It facilitates uterine contractions and is rejuvenative.

Medicinal Usage

External

- ✧ Prepare a paste of solid extract (*bol*) and apply it on inflammed parts, to alleviate pain and swelling.
- ✧ The same is useful to cleanse the wounds and to promote their healing.
- ✧ In headache, apply the fresh pulp of the leaf on forehead.
- ✧ Nasal drops of fresh juice of the leaf are benevolent in hepatitis.
- ✧ The strained juice of the pulp is instilled in the eyes to ameliorate conjunctivitis.
- ✧ Apply the pulp topicall on inflammed piles. It reduces the pain and imparts a cooling effect.
- ✧ Pulp is applied with great benefit to promote healing in burns and scalds.
- ✧ Aloe gel is one the most popular cosmetic aids, as it moisturises, promotes healing and regenerates the skin.

Internal

- ✧ Mix aloe pulp with equal quantity of turmeric powder. Take 1 tsp. twice daily in piles.
- ✧ Aloe, in small dosage, is an effective appetiser, digestant and liver stimulant. Whereas, in large dosage, it works as a purgative and vermicide.
- ✧ Take 1 tbsp. each, *vasa* (Adhatoda vasica) and aloe leaf juice. Add 1/8 tsp. *Pippali* (Piper longum) and clove powder. Mix it with little honey and take. It relieves cough effectively.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

- ✧ Prepare a medicated ghee of aloe along with black pepper powder. Take 2 tsp. to relieve abdominal pain due to flatulence.
- ✧ The solid extract, 1/4 tsp. twice daily, is the best panacea for menstrual disorders.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

21. KUNKUMA

English : Saffron
Hindi : Keshar
Latin : *Crocus sativus* (Iridaceae)
Marathi : Keshar

Introduction

Kunkuma has various synonyms in Ayurvedic scriptures portraying its peculiarities like *varnya* (improves the complexion), *sourabha* (fragrant), *charu* (flower looks like a lotus), *rudhir* (blood red in colour) and *shonita* (blood coloured), etc.

Kunkuma, chiefly cultivated as a crop in Kashmir valley, in Himalayan regions, is native of Southern Europe and West Asia. Spanish saffron has high repute for quality saffron. Kunkuma is a small bulbous perennial, 15-25 cm high. The leaves are radical, narrowly linear, channelled, margins curved back. The flowers are deep blue-violet, funnel-shaped, stalkless. Dried stigmas, styles or tops of the styles form saffron of the commerce. It is well reputed as a colouring, flavouring agent, extensively used in perfumery and allied purposes.

Parts Used

Dried stigma and tops of styles of flowers

Ayurvedic Properties

Taste - Pungent, Bitter

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Post digestive effect	- Pungent
Potency	- Hot
Attributes	- Light, Unctuous
Dosha	- Alleviates all three *doshas*
Actions	- Stimulant, Fragrant, Appetiser, Digestant

Medicinal usage

External

- ✧ Mix the fine powders of saffron, sandal wood and comphor. Prepare a paste and apply it on the forehead. It relieves the headache.
- ✧ Nasal drops of saffron matted with ghee is an effective remedy for migraine.
- ✧ Add a pinch of saffron powder in 1 teacup of rose water. Strain and instill it into eyes daily. It alleviates the dimness of vision.
- ✧ Saffron is the common most ingredient in various cosmetic aids like face salves, complexion promoters, bath powders, body salves, fragrant hairwashes, etc.
- ✧ It is also a valuable remedy for dispigmentation of the skin, pimples and freckles.

Internal

- ✧ For children, add 1/2 pinch saffron powder to a cup of warm milk, to alleviate colds.
- ✧ The combination saffron, camphor and honey works well in worm infestations.
- ✧ Mix a pinchful each saffron and camphor powders. Take it with a glass of milk, for two days prior to menstruation. It improves the amount in scanty menses.
- ✧ Prepare a decoction of saffron, liquorice, *pippali* and *nishottara* (Operculina turpethum). It is the best panacea for anaemia. Take 2 tbsp. thrice daily.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

- ✧ In sexual debility, mix 1/4 tsp. saffron with a glass of milk. and take it twice daily. It also works well as a nervine and rejuvenative.
- ✧ Add a pinch of saffron to 1 tbsp. milk and take on an empty stomach every morning. It improves the complexion.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

22. LAVANGA

English : Clove
Hindi : Lavanga
Latin : *Syzygiym aromaticum* (Myrtaceae)
Marathi : Lavanga

Introduction

Since the days of Ramayana, lavanga has been used as an aromatic masticatory. In the beginning, it was valued as an aromatic masticatory after meal and in rituals, and later on gained wide popularity as a condiment. Further, it was accepted as a therapeutic agent. Charaka has mentioned it as *agnimandya-nashaka* (alleviates anorexia) and also as one of the ingredients of *tambul* (betel). Sushruta recommends lavanga after meals to alleviated *Kapha* and the thirst as well.

Lavanga is a small evergreen tree of pyramidal form and is adorned throughout the year with a succession of beautiful rosy flowers. The flowers buds greenish to pink, clustered at the ends of the branches, are highly aromatic. The leaves are opposite, petiolate, shining green in colour and when bruised are highly fragrant.

Parts Used

Dried flower buds

Ayurvedic Properties

Taste - Pungent, Bitter

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Post digestive effect	- Pungent
Potency	- Cold
Attributes	- Sharp, Light, Unctuous
Dosha	- Alleviates *Kapha* & *Pitta*
Actions	- Appetiser, Digestant

Medicinal Usage

External

- ✧ Finely grind few cloves and prepare a paste in water. Apply it on forehead as it is an effective painkiller in headache.
- ✧ Place a swab, soaked in clove oil, topically to relieve the pain in toothache. Chew a few cloves, otherwise, as an alternative.
- ✧ The gentle massage with clove oil is beneficial in backache, rheumatic joints and sciatic pain.
- ✧ Lavanga is one of the common most used ingredient in mouth odorants.

Internal

- ✧ Prepare a decoction of 5-10 cloves. Drink it 2 tsp. 3 times daily, to alleviate colds.
- ✧ Take few cloves, nutmeg powder and *mustak* (Cyperus rotundus) rhizome powder and prepare the medicated water. Frequently sip it to reduce nausea and excessive thirst.
- ✧ The decoction of cloves is a good digestive cordial.
- ✧ Mix a pinchful of clove powder with 1 tsp. honey. It works well as a mucolytic agent in cough and bronchial asthma.
- ✧ The combination of clove, black pepper, catechu and *bibhitaka* (Terminalia belerica) processed in decoction of *babbul* (Acacia arabica) bark skin, is tableted. The preparation called as *lavangadi vati*, is commonly chewed to relieve sore throat.
- ✧ Prepare a mixture of powders of cloves, nutmeg and *pippali* (1 part each). Add *bibhitaka* (3 parts), *maricha* (2 parts) and

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

shunthi (16 parts). Take 1 tsp. of this mixture with equal amount of sugar 3 times daily. It is beneficial in cough, fever, distaste, colitis, diabetes and tumours.

✧ Decoction of the cloves is benevolent in cholera.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

23. MARICHA

English : Black Pepper
Hindi : Kali mirch
Latin : *Piper nigrum* (Piperaceae)
Marathi : Mire

Introduction

The plant is aptly named as maricha, a name for the Sun, owing to its very hot potency. Maricha is one of the ingredients of widely used preparation *trikatu*, meaning three pungents, viz. *shunthi*, maricha and *pippali*, the remedy for *Kapha* disorders like colds, asthma and obesity. Charaka has categorised maricha as an appetiser, anticolic, adjunctive to cleansing nasal therapy and as a rejuvenative to respiratory system.

Maricha is indigenous in India to Coorg and Kerala. It also grows in Malaysia, South America, West Indies and Indonesia. The plant is a thick glabrous climber. The inflorescence is a spike of 20-30 sessile flowers. The fruit is glabrous, 6 mm in diameter, initially green, turning black on drying.

Parts Used

Dried unripe fruit

Ayurvedic Properties

Taste - Pungent
Post digestive effect - Pungent

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Potency	- Hot
Attributes	- Light, Sharp, Dry
Dosha	- Alleviates *Kapha* & *Vata*, aggravates *Pitta*
Actions	- Appetiser

Medicinal Usage

External

- ✧ Mix black pepper powder with sesame oil and apply the paste in skin diseases like scabies, leucoderma.
- ✧ The paste of maricha helps reducing pain and swelling. It is salutary in pimples, stye and boils.
- ✧ It is applied with great benefit, in ophthalmic ailments like pterygium and night-blindness, with honey.
- ✧ Prepare a decoction of black pepper. The gargles of it alleviates dental aches.
- ✧ Topical application of maricha powder mixed with ghee relieves pain in piles.
- ✧ Massage with medicated oil of maricha is benevolent in rheumatic disorders.
- ✧ Prepare a poultice of black pepper, vinegar and salt. Apply it on corn, which softens it.
- ✧ Nasal drops of maricha work well in sinusitis, cough and asthma.

Internal

- ✧ Take 1/4 tsp. maricha powder with honey 3 times daily. It relieves bronchospasms and blocked phlegm.
- ✧ Take 1/2 tsp. ground black pepper mixed with 1 tbsp. jaggery powder. It is the best appetite stimulant.
- ✧ Combine maricha powder 1/2 tsp., ghee 1tsp., honey 2 tsp. and rock candy. Mix it well and frequently lick it to alleviate cough.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

- A pinchful of maricha powder with ghee alleviates urticaria. Take black pepper and black cumin powders (a plinchful of each) daily. It is beneficial in prolaspe of rectum.
- Mix fried asafoetida powder and marich powder (1/4 tsp. each). Take the mixture with warm water to relieve flatulence and pain in abdomen.
- *Trikatu*, literally meaning three pungents, is a commonly used mixture of dried ginger, maricha and *pippali* powders, in equal proportion. With honey, it is the best remedy for *Kapha* diseases like sinusitis, colds, obesity, etc. (1/2 tsp. 3 times daily).

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

24. METHIKA

English : Fenugreek
Hindi : Methi
Latin : *Trigonella foenum-greacum* (Leguminosae)
Marathi : Methi

Introduction

The plant has been valued as medicinal in many parts of the world since ancient times. Ayurvedic pharmacopoeia has described many therapeutic uses of methika. The leaves of the plant are commonly used as a vegetable in India. In Israel, it has widespread use as a therapeutic in chronic diseases. Recent scientific research has revealed that fenugreek seeds help in peripheral insulin activity without increasing insulin levels. (Nutritional Research, USA, 10,731-739,1990) and fenugreek seeds have hypocholesterolaemic and hypotriglyceridaemic effects (Phytotherapy Research, U.S.A. 1, 38-43, 1987).

Methika grows wild in Kashmir, Punjab and upper Gangetic plains. It is also cultivated as a quick cash crop all over India. It is an erect annual, aromatic, 30-60 cm in height. The leaves long stalked, trifoliate. The fruit pods, 5-8 cm long, hairy with 10-20 seeds per pod. The seeds greenish brown with deep groove across one corner.

Parts Used

Seeds, Leaves, Whole plant

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Ayurvedic Properties

Taste	- Pungent
Post digestive effect	- Pungent
Potency	- Hot
Attributes	- Light, Dry
Dosha	- Alleviates *Vata* & *Kapha*, aggravates *Pitta*
Actions	- Appetiser, Laxative, Febrifuge, Reduces fats

Medicinal Usage

External

- ✧ Make a poultice of pulverized seeds of fenugreek. Apply it on swollen and painful joints. It relieves the swelling and pain.
- ✧ Soak 2 tbsp. of powder in water overnight. Use it as a hairwash next morning. Hair become silky and lustrous.
- ✧ A paste of seeds used as an exfoliating scrub is gently rubbed and applied on the face. It prevents pimples, wrinkles and blackheads. It also improves the complexion.
- ✧ Prepare a fresh leaf paste. Apply it over scalp before bath. It prevents hair fall.
- ✧ Gargle with an infusion of leaves 3 to 4 times daily for couple of days. It heals ulcers in the mouth, in stomatitis.

Internal

- ✧ Prepare a gruel of fenugreek seeds. It is beneficial for nursing mothers to augment the quantity of breast milk.
- ✧ A popular traditional recipe for nursing mothers is *laddus* or balls of fenugreek seeds. For that take the seed powder and roast it with wheat flour in pure ghee. Add sugar and on cooling 4-5 tsp. of this mixture is shaped into small round ball (*laddu*). Take one *laddu* with a cup of milk daily. It recovers the strength in nursing mothers.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

- ✧ Take 1 tsp. of seed powder with ghee and jaggery (1 tsp. each). It curbs *Vata* and alleviates the low back pain, especially during post-partum period.
- ✧ Mix 1/2 tsp. each fenugreek seed powder, fennel and rock salt. Take 1 tsp. of the mixture 3 times daily to control diarrhoea.
- ✧ As an adjunct, fenugreek powdered seeds (2 tsp.) daily are beneficial in diabetes.
- ✧ In obesity, associated with hyperlipidaemia, consume daily 1/2 tsp. of seeds. It lowers the serum lipids and helps in weight reduction.
- ✧ Take 2 tsp. fenugreek seeds and cook them with 1 cup rice. Eat it with little salt, regularly. It helps to augment haemoglobin in anaemia.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

25. MISHREYA

English : Fennel
Hindi : Saunf
Latin : *Foenicum vulgare* (Umbelliferea).
Marathi : Badishepa

Introduction

Mishreya has another synonym *shatapushpa.*

Fennel fruit is one of the commonly used ingredient of betel (*tambula*), which is consumed after food, which serves as a digestant and carminative. Mishreya is a glabrous, biennial or perennial, aromatic herb, 1.5 - 2 meters in height. The leaves are 5-10 cm long, 3 or 4 times pinnate, with very narrow, linear segments rather stiff in dry situations, very slender when cultivated. The flowers are yellow in rather large umbels, of 15-20 or more rays, more or less glaucous. The fruit about 5-6 mm long, oblong-oval, cremocarp. Fennel is cultivated throughout India.

Parts Used

Fruit, Oil, Roots

Ayurvedic Properties

Taste	- Sweet, Pungent, Bitter
Post digestive effect	- Sweet
Potency	- Semi-hot

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Attributes	- Light, Unctuous, Sharp
Dosha	- Alleviates *Kapha* & *Vata*
Actions	- Anti-inflammatory, Diuretic, Vermicidal, Antispasmodic, Stimulant

Medicinal Usage

External

- ✧ Massage with fennel oil in rheumatic joints. It relieves pain and inflammation.
- ✧ Mix equal quantities of powders of fennel and red ochre (*gairika*), along with a cream. Apply it on the ulcers of mouth cavity. It promotes healing.
- ✧ Apply paste of finely powdered fennel in prickly heat. It is extremely beneficial.
- ✧ Fennel is often used in breast creams for tightening and enlarging.
- ✧ With the other herbs, fennel is used as a face salve and body salve.
- ✧ Gargles with warm saturated solution of fennel water is salutary in cough and hoarseness.

Internal

- ✧ Daily take 1-2 tbsp. juice of fresh fennel fruits. It is beneficial for eyesight.
- ✧ Prepare a decoction of fennel and take 2 tbsp. 3 times daily. It is the best panacea for common gastrointestinal ailments like vomiting, thirst, flatulence, dyspepsia, anorexia, diarrhoea and abdominal pain.
- ✧ Mix in equal quantity, the powders of fennel, liquorice and rock candy. Take 1 tsp. mixture with 1 tsp. honey 3 times daily. It relieves cough of *Kapha* type.
- ✧ Soak fennel and coriander seeds in water overnight. Strain and drink a cup of it. It ameliorates urinary burning.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

- ✧ Take daily 1 tsp. fennel powder with ghee. It improves the memory.
- ✧ In intestinal worms, fennel oil or powder is useful.
- ✧ Mix the fine powders of fennel, dried ginger, senna leaves and rock salt. Take 1 tsp. with water at bedtime. It relieves the constipation.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

26. NARIKELA

English : Coconut

Hindi : Nariyal

Latin : *Cocus nucifera* (Arecaceae).

Marathi : Narala

Introduction

In India, every auspicious occasion is recommended by offering prayers to the Lord along with narikela (coconut). During ritual worship, gods and goddesses are invoked with the holy offering narikela, as a symbolic expression. Charaka has catagorised it as *brimhaniya* (a bulk promoting herb), whereas, Sushruta has mentioned its various properties as *raktapittahara* (alleviates bleeding disorder), *shukra-vardhaka* (augments seminal fluids), *kaphakara* (aggravates the *Kapha dosha).*

Narikela is cultivated throughout South India, especially along the coast. It is a straight, unbranched stately palm usually upto 25 meters in height. The leaves pinnate, 2-5 meters long, leaflets equidistant, narrow and tapering. The fruits are trigonously obovoid, yellowish fibrous drupes. The seed one, with a hard endocarp and oily white endosperm and milky or water fluid in the large cavity.

Parts Used

Roots, Inflorescence, Seeds (shell kernel, water and oil)

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Ayurvedic Properties

Taste	- Sweet
Post digestive effect	- Sweet
Potency	- Cold
Attributes	- Heavy, Unctuous
Dosha	- Alleviates *Vata* & *Pitta*
Actions	- Anabolic, Cooling
Special Potency	- Hair growth promoter

Medicinal Usage

External

- ✧ Apply coconut oil on allergic skin rashes due to *bhallataka* (Semecarpus anacardium).
- ✧ Massage the scalp, with coconut oil, daily. It promotes the hair growth.
- ✧ Apply coconut shell oil in skin diseases like eczema. It is salutary in pimples especially with the paste of ginger.
- ✧ Heat 1 tsp. coconut oil and fry 3 pieces of cloves. Powder and mix it. Apply on the affected area to mitigate toothache.
- ✧ Mix 1 tsp. camphor in 1/2 teacup slightly warmed coconut oil and apply on the chest. It relieves breathing problems.

Internal

- ✧ Drink 1 teacup of fruit water 3 times daily. It alleviates burning sensation, thirst and bleeding disorders due to vitiated *Pitta.*
- ✧ Eat a handful of ripened fruit daily. It builds up the tissues (*dhatuvardhaka*) and works well as an aphrodisiac.
- ✧ Add a pinchful of cardamom powder and 2 tsp. sugar to a glass of coconut water. It alleviates the bleeding diathesis (*raktapitta*).
- ✧ The water and juice of the young spadix has various properties. It is sweet, cooling, digestive, diuretic, aphrodisiac, vermicidal, aperient and anabolic. Hence it is beneficial in

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

umpteen ailments like cystitis, dehydration, strangury, exhaustion, diarrhoea, dysentery and general debility.

✧ Drink frequently tender coconut water and milk extracted from the kernel. It is salutary in stomach ulcer.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

27. NIMBUKA

English : Lemon
Hindi : Kagji nimbu
Latin : *Citrus acida* (Rutaceae)
Marathi : Limbu

Introduction

There are no references of nimbuka in very old texts of Ayurveda. Bhavaprakash Nighantu has mentioned it as an appetiser, digestant and *Vata* alleviator. Raj Nighantu has cited its numerous uses in cough, vomiting, fever, constipation, distaste and beneficial for the eyes.

The nimbuka trees grow throughout India, especially in Himachal Pradesh, Bengal, Assam and Maharashtra in abundance. It is a small sized shrub growing upto 3-4 meters in height. The leaves are simple, lustrous, fragrant, with tiny oil glads. The fruits are round or slightly oval, glabrous, green when raw and turn yellow on ripening. The seeds are oblong, 4-6 per fruit.

Parts Used

Fruits, Oil

Ayurvedic Properties

Taste - Sour
Post digestive effect - Sweet

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Potency	- Semi hot
Attributes	- Light, Dry
Dosha	- Alleviates *Vata* & *Kapha*
Actions	- Appetiser, Digestant, Improves taste

Medicinal Usage

External

- ✧ Apply lime juice to the skin in non-oozing skin affections. It relieves the itching sensation.
- ✧ Application of lime juice mitigates irritation of skin due to mosquito bites.
- ✧ The lemon oil is applied in exanthamatous fevers like measles, smallpox and chickenpox. It soothes the skin after falling out of the scabs.
- ✧ Lemon oil is used for various purposes like shampoo, bath, massage oil, conditioner, aroma therapy, etc.
- ✧ Cut the lemons into small pieces. Tie them in a cotton cloth. Dip this in hot gingelly oil and foment the affected joints when bearably hot. It reduces the joint pains.

Internal

- ✧ Daily take the juice of 1/2 lime fruits mixed with a glass of water. Add a pinchful of salt and sugar for the taste purpose. It is a keen stimulant to digestive system as an appetiser, digestant, mild laxative and cholegogue.
- ✧ Take lime juice in a glass of warm water with rock candy. It allevites the aggravated *Pitta.*
- ✧ The lime juice relieves the phlegm in cough due to *Vata* and *Kapha.*
- ✧ Take daily, the juice of 1/2 lime fruit with a glass of water. It is benevolent in digestive ailments like loss of appetite, vomiting, indigestion and constipation.
- ✧ Lime juice augments the *agni,* stimulates mental faculties and strengthens the tissues. Hence, it should be incorporated in daily diet.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

- ✧ According to Ayurvedic view, sour taste is beneficial to the heart, as it boosts *sadhaka Pitta.*
- ✧ Lime juice is stimulant to the nervous system. It is refreshing and excellent for concentration.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

28. PALANDU

English : Onion
Hindi : Pyaj
Latin : *Allium cepa* (Liliaceae)
Marathi : Kanda

Introduction

Onion is commonly consumed routinely along with vegetables. Two varieties, white and red, of which white one is less pungent. It is a biennial shrub which grows upto one meter in height. The leaves are lush green, elongated, glabrous and hollow. The flowers on elongated stalk, lilac. The fruit ovoid, tomb shaped, hence the name 'cepa'. The seeds are tringular, black. Flowering in winter and then fruiting. The red variety of onion has more medicinal value. Onion grows throughout India.

Parts Used

Bulbil, Seeds

Ayurvedic Properties

Taste	- Pungent, Sweet
Post digestive effect	- Sweet
Potency	- Semi hot
Attributes	- Sharp, Unctuous, Heavy

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Dosha	- Alleviates *Vata*, aggravates *Kapha* & *Pitta*
Actions	- Digestant, Stimulant

Medicinal Usage

External

- ✧ Mix onion juice with mustard oil. Apply it on affected areas of scabies. It relieves intense itching.
- ✧ Nasal drops (5-6) of onion juice arrests nose-bleed.
- ✧ Roast the onion and extract the juice. Instill it in to the ears to alleviate earache.
- ✧ Prepare the poultice of onion, fried in ghee, mixed with turmeric powder. Apply it on boils. It facilitates suppuration, ameliorates pain and swelling
- ✧ Mix equal quantity of onion juice and honey. Instill it into the eyes in dimness of vision.
- ✧ Cut onion into two halves. Inhalation of onion in epileptic seizure to regain the consciousness, is the domestic first aid.
- ✧ Apply onion juice on head and all over the body. It relieves the fever quickly.
- ✧ Apply the juice of white onion on sting bite

Internal

- ✧ Daily eat onion in regular diet. It stimulates an appetite and helps in digestion.
- ✧ Take onion juice 1-2 tbsp. with clery seeds. It abates vomiting and diarrhoea.
- ✧ Mix 1tsp. each sugar and ghee, with 1tbsp. onion juice. It relieves the pain piles.
- ✧ Combine the juice of white onion, sugar and curds. It curbs hyperacidity.
- ✧ The mixture of onion juice, honey, ghee, milk and sugar, together, is salutary in sexual debility.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

- ✧ Take 1tsp. onion juice 3 times daily. It pacifies the nausea and vomiting caused by tobacco intoxication.
- ✧ The individulas of *Pitta* constitution should sparingly consume the onion.
- ✧ Take 1 tsp. onion mixed with 1 tsp. honey. It relieves hoarseness and cough.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

29. PUTIHA

English : Corn mint
Hindi : Podina
Latin : *Mentha arvensis* (Labiateae)
Marathi : Pudina

Introduction

The plant was well known to the Greeks and Romans, being used as a food flavour and as a medicine. Ayurverda recommends the plant in many ailments like loss of appetite, vomiting, flatulence, worms, cough, hiccup, asthma, dysuria, menstrual disorders, etc.

It grows in Western Himalayas and also cultivated throughout India. Most of the Indian local names of mentha species are based on the word podina. The plants belonging to the genus mentha are aromatic herbs. Several species grow wild, some are cultivated. The chief constituents for which these plants are valued are menthol and peppermint oil.

Putiha is an erect branched herb, 60 cm in height. Leaves upto 5 cm long, margins toothed. Flowers small, lilac, in small bunches, borne on axils of leaves.

Parts Used

Whole plant, Oil

Ayurvedic Properties

Taste - Pungent

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Post digestive effect	- Pungent
Potency	- Hot
Attributes	- Light, Dry, Sharp
Dosha	- Alleviates *Vata* & *Kapha*
Actions	- Appetiser, Deflatulent, Vermicide

Medicinal Usage

External

- ✧ Dress the wounds with mint oil, as it has antibacterial as well as antifungal properties.
- ✧ Especially, foul wounds and ulcers are dressed with mint oil as it is deodorant.
- ✧ Gargle with the fresh leaves juice. It is effective in ailments of oral cavity viz. bad breath (halitosis) and dental caries.
- ✧ Mint added to toothpaste can be healing to gum infections and canker sores.
- ✧ It is also benevolent in baths, mouth wash and as an inhalation.
- ✧ Nasal and ear drops of leaf juice is salutary in the infections of nose and ears.

Internal

- ✧ Prepare infusion of mint leaves. Take 3 tsp. three times daily. It is an excellent carminative, antispasmodic and febrifuge.
- ✧ Extract the juice from fresh mint leaves. It is beneficial in cadiac debility and hiccup. (2 tsp. 3 times daily).
- ✧ Steep 1 tbsp. leaves in 1 teacup water for half an hour. (Do not boil). Drink the infusion. It helps to ameliorate indigestion, nausea, distaste, vomiting and flatulence.
- ✧ Boil 1 tsp. mint leaves in 1 teacup water for couple of minutes. Drink 2-3 times daily. It reduces abdominal colicky pains.
- ✧ Boil 1 tsp. mint with 2 tsp. raw sugar in a glass of water and drink. It relieves urticaria.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

- ✧ Chew 1/4 tsp. seeds of mint and drink a glass of water. It reduces abdominal gripes and indigestion.
- ✧ The cold infusion of mint is extremely rewarding in scanty painful menses.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

30. RAJIKA

English : Mustard
Hindi : Rai
Latin : *Brassica juncea* (Brassicaceae)
Marathi : Rai

Introduction

Two varieties of mustard, mentioned as black mustard (rajika) and white mustard (*sarshapa*) which are used for medicinal purpose as well as a culinary. The white mustard is called as *mohari* in Marathi and *sarson* in Hindi and its latin name is Brassica alba. In Sanskrit it is called as *sarshapa*. Though they are two separate herbs, more or less, their properties are similar. Charaka has categorised white mustard as adjunct to decoction enemas, whereas black mustard as an antipruritic.

It is a glabrous annual growing upto 1.5 meter in height. The basal leaves are long, broadly ovate, coarsely dentate and upper leaves broadly linear, entire. The flowers are yellow coloured, in racemes. The fruits siliqua, breaking away from below upwards. The seeds are tiny, attached to the replum.

Parts Used

Seeds, Seed oil

Ayurvedic Properties

Taste - Pungent, Bitter

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Post digestive effect	- Pungent
Potency	- Hot
Attributes	- Sharp, Light
Dosha	- Alleviates *Vata* & *Kapha*
Actions	- Emetic, Digestant

Medicinal Usage

External

- ✧ Finely grind a handful of mustard seeds and prepare a paste with water. Apply it on affected areas in backache, inflammed joints, stye, etc.
- ✧ Massage with bearably hot mustard oil is extremely salutary in arthritis.
- ✧ Apply mustard oil, topically, in skin diseases. It has antiseptic and anti-inflammatory properties.
- ✧ Take 2 tbsp. mustard oil, add a pinchful of common salt. Gargles are effective in dental infections.
- ✧ The tub-bath of its decoction is beneficial in amenorrhoea.
- ✧ Grind 1/2 tsp. mustard seeds with 3 tsp. water and strain. Instill 1 or 2 drops into nostrils. It gives relief in migraine.
- ✧ Mix mustard oil with rectified alcohol (1:40) and use a lotion on effected parts. It is rewarding in lumbago, gouty pains and rheumatism.

Internal

- ✧ Take 2 pinchfuls of fine mustard powder. Mix it with little ghee and honey. It abates the hiccup.
- ✧ Chew 1/2 pinch mustard powder with rock candy. It relieves the blocked phlegm.
- ✧ Mix 1 pinch mustard powder with 1 tsp. jaggery powder. It relieves the abdominal pain.
- ✧ In larger doses (more than 5 gm), it induces vomiting, hence used as an emetic, as a first-aid in poisoning.
- ✧ In small dose (1/2 pinch) it stimulates the appetite.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Caution

✧ Mustard should be used sparingly by the individuals of *Pitta* constitution, as it aggravates *Pitta dosha.*

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

31. RAKTACHANDANA

English : Red Sandal Wood.
Hindi : Raktachandana
Latin : *Pterocarpus santalinus* (Fabaceae)
Marathi : Raktachandana

Introduction

There are two varieties of *chandan* viz. white and red, i.e. Sandal wood and Red Sandal Wood. Raktachandana grows in abundance, in Cuddapah district in Andhra Pradesh and adjoining areas of Tamil Nadu and Karnataka upto 900 meters height.

It is a very pretty, moderate sized deciduous tree upto 11 meters in height, with blackish brown bark. The leaves are compound, leaflets 3-5, broad, obtuse, elliptic, under surface pale, clothed with fine hairs. The flowers yellow, in terminal racemes. The fruits oblique pods, winged, the central hard portion containing the seed. The seeds are reddish brown and smooth. The heartwood is purple in colour.

Parts Used

Heartwood

Ayurvedic Properties

Taste - Bitter, Sweet
Post digestive effect - Pungent

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Potency	Cold
Attributes	- Heavy, Dry
Dosha	- Alleviates *Kapha* & *Pitta*
Actions	- Alleviates toxins, Purifies blood

Medicinal Usage

External

- ✧ Grind *manjistha* (Rubia cordifolia) roots, *nimba* (Azadirachta indica) leaves and raktachandana heartwood powder, together. Prepare a paste of this mixture in cold water or milk or butter milk. Apply it on burns and scalds. It promotes healing and imparts a cooling effect.
- ✧ Grind raktachandana heartwood on a grinding stone, with little quantity of water and prepare paste. Apply it, when bearably hot, on swelling due to blunt trauma. It reduces the haematoma.
- ✧ Mix raktachandana and turmeric powder with milk and prepare a paste. Apply it on pimples. Pimples get subsided.
- ✧ In burns and scalds, the combination of raktachandana, *guduchi* (Tinospora cordifolia), *vamshalochana* (Bamboo resin) and *gairika* (redochre) paste, mixed with ghee is salutary.
- ✧ Prepare decoction of raktachandana and wash the wounds with it. It promotes their healing.

Internal

- ✧ Mix 1 tsp. raktachandana powder in 1 teacup rice-gruel and 1 tsp. rock candy powder. Take it 2 times daily. It mitigates burning sensation of the body (*daha*).
- ✧ Prepare decoction of raktachandana, *guduchi, dhanyaka* (coriander seeds) and *padmakashta* (Prunus cerasoids), in equal quantity. Drink it 2-3 tbsp. 3 times daily. It abates the vomiting, augments appetite, reduces fever and thirst.
- ✧ Take 1/4 tsp. each raktachandana powder and rock salt. It is the best panacea for hiccup.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

- ✧ Red sandal wood oil (1 tsp.) is useful in gonorrhoea.
- ✧ Mix raktachandana powder, *vamshalochana* and ghee. It ameliorates menorrhagia.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

32. RASON

English : Garlic
Hindi : Lahasoon
Latin : *Allium sativum* (Liliaceae)
Marathi : Lasoon

Introduction

The Sanskrit word rason (*rasa* + *oona*), literally means 'lacking one taste', as it contains all of the six tastes except sour. Rason (garlic) as a food item, has been used for thousands of years by millions of people all over the world. It has also used as a medicine in India, China and middle East since ages. Charaka has cited it to be a valuable medicine for *Vata* diseases, tumours, dermatoses and as an aphrodisiac. Sushruta has mentioned it to be beneficial for the voice, complexion of skin and for eyes. *Masharshi* Kashyap has given detailed account of rason as a rejuvenative.

Garlic is cultivated throughout India. It is a small, foetid perennial herb with underground compound bulbs covered by outer white thin scales. The leaves are green, simple, long, flat, linear and the stem is smooth and solid.

Parts Used

Bulbils and their oil

Ayurvedic Properties

Taste - Five tastes except sour

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Post digestive effect	- Pungent
Potency	- Hot
Attributes	- Unctuous, Sharp, Heavy, Slimy
Dosha	- Alleviates *Kapha* & *Vata*, aggravates *Pitta*
Actions	- Laxative, Aphrodisiac, Rejuvenative

Medicinal Usage

External

- ✧ Crush 4-5 garlic cloves and prepare a paste. Apply it on rheumatic joints. It reduces pain and swelling.
- ✧ Grind few cloves of garlic and extract the juice. Apply it on ringworm patches, for 5-6 days.
- ✧ Prepare a paste of garlic and black pepper. Apply it on glandular swellings in axillary region. They subside earlier.
- ✧ Nasal drops of the garlic juice relieve migraine.
- ✧ Instil sesame oil enhanced with garlic, when bearably warm, into ears. It mitigates earache.
- ✧ Wrap a small garlic clove in a cotton swab. Place it in the ear. It relieves block in ears due to colds.

Internal

- ✧ Prepare medicated milk (*kshirapaka*) of garlic and *vidanga* (Embelia ribes) berries. Take 2 tbsp. 3 times daily, for few weeks. It works well in sciatica, lumbago, paralysis.
- ✧ In Vata disorders like facial palsy and epilepsy, take 1 tsp. garlic juice mixed with 2 tsp. sesame oil.
- ✧ Fry 5-6 cloves of garlic in ghee. Eat them just prior to lunch, for a few weeks. It is the best panacea for rehumatism.
- ✧ Eat 2-3 garlic cloves with ghee. It ameliorates the abdominal pain.
- ✧ Daily consumption of garlic in diet reduces serum cholesterol and triglycerides.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

- ✧ To realign memory, eat daily 2 garlic cloves fried in ghee. It is the best nervine.
- ✧ In scanty and painful menstruation, eat 2-3 garlic cloves, fried in ghee, daily.

Caution

- ✧ Garlic should be consumed sparingly in summer and by the individuals of *Pitta* constitution.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

33. SHUNTHI

English : Dry Ginger
Hindi : Sonth
Latin : *Zingiber officinale* (Zingiberaceae)
Marathi : Suntha

Introduction

Shunthi and *ardrak* are two different stages of rhizomes , viz. fresh and dry respectively of the same plant - Zingiber officinale. As they slightly differ in their properties and usages, they are mentioned separately. For general introduction see *ardrak.*

Ayurveda categorises shunthi as anticold, antisaturative, anti-haemorrhoidal and lactodepurant meaning which purifies the breast milk. Shunthi, *marich* (black pepper) and *pippali,* together called as *trikatu,* i.e. three pungents, is the most commonly used preparation in colds, obesity, rheumatic diseases and *Kapha* disorders.

Fresh ginger is dried alone or boiled in milk and water and then dried and used. Shunthi with less fibers is supposed to have better medicinal values.

Parts used

Dried Rhizome

Ayurvedic Properties

Taste - Pungent

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Post digestive effect	- Sweet
Potency	- Hot
Attributes	- Light and Unctuous
Dosha	- Alleviates all three *doshas*
Actions	- Appetiser, Antiflatulent
Special potency	- As an Aphrodisiac

Medicinal Usage

External

- ✧ Prepare a paste of shunthi (dried ginger) powder in water. Apply it on forehead, to alleviate the headache due to colds, sinusitis, etc.
- ✧ Apply a paste of shunthi and turmeric powder (1:1) on boils.
- ✧ A small (2-3 inches) piece of dried ginger is ground with a small piece asafoetida in milk. Apply the paste on affected joints. It relieves pain and swelling.
- ✧ Rub dry shunthi powder on the limbs. It prevents getting hands and feet cold, due to excessive perspiration.

Internal

- ✧ Prepare a mixture (called as *trikatu*) by mixing the powders of dried ginger, black pepper and long pepper in equal proportion. It is salutary in *Kapha* diseases like sinusitis, colds, asthma, obesity etc. Take 1/2 tsp. thrice a day with 1 tsp. honey.
- ✧ Prepare a decoction of shunthi and *guduchi.* Take 2tbsp. of it 3 times daily in rheumatic disorders. Add *punarnava* (Boerhaavia diffusa) roots, while preparing the decoction, if the joints are swollen.
- ✧ Shunthi by itself is highly praised as the best remedy for *Vata* diseases.
- ✧ Take 1/2 tsp. shunthi powder with 1tsp. each ghee and jaggery. The mixture works well as an appetiser, especially in old persons.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

- ✧ Mix 1/2 tsp. shunthi powder, 1 tsp. jaggery and a pinch of rock salt. It improves the taste sensation.
- ✧ Take shunthi powder (1/2 tsp.) with buttermilk. It augments *agni* and helps curing indigestion, piles, liver and spleen disorders, which arise due to low *agni.*
- ✧ Shunthi powder 1/2 tsp. with 1tsp. honey 3 times daily, is useful in cold, asthma, sorethroat, etc.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

34. TAMALPATRA

English : Tamal
Hindi : Tejpatra
Latin : *Cinnamomum tamala* (Lauraceae)
Marathi : Tamalpatra

Introduction

Tamalpatra is used as a spice in India, China, Middle East, Eurpoe and other countries since centuries. The plant grows in Himalaya at the height of one thousand meters.

It is a moderate sized tree. The girth of tree is around 4 feet and it is a fragrant, evergren tree. The leaves usually 8-12 cm long, very variable in breadth, rarely alternate, shining above, rarely elliptical and obtuse, venules below very obscure. The flowers are white and fruit a drupe, 1.2 cm long, black when ripe.

Parts Used

Leaves, Bark, Oil

Ayurvedic Properties

Taste	- Sweet, Pungent
Post digestive effect	- Pungent
Potency	- Hot
Attributes	- Light, Slimy
Dosha	- Alleviates *Kapha* & *Vata*

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Actions - Antipruritic, Vermicide, Astringent, Diuretic, Diphoretic, Stimulant, Improves taste sensation

Medicinal Usage

External

- ✧ Take the powder of dried leaves of tamalapatra (1/8 tsp.) with hot water, after food. It relieves the flatulence.
- ✧ In piles, take 1/4 tsp. of dried leaves powder with hot water, 2 times daily.
- ✧ Mix 5 drops of tamal with a glass of water and gargle. It is rewarding in halitosis.
- ✧ As a cosmetic aid the leaves are useful for bath powders.

Internal

- ✧ The oil distilled from the leaves is a powerful stimulant.
- ✧ It is the common most used ingredient in the spices.
- ✧ As it possesses various properties like carminative, digestant, astringent, it forms a common ingrediert in many Ayurvedic formulations prescribed for digestive disorders.
- ✧ It is combined with many antidiabetic preparations, as an adjunct.
- ✧ Prepare a decoction of its bark. Take 2 tbsp. 3 time daily in urinary infections.
- ✧ Hot infusion of tamalapatra is salutary in diarrhoea associated with abdominal pain. Take 2-3 tbsp., 3 times daily, until diarrhoea is under control.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

35. TILA

English : Sesame
Hindi : Tila
Latin : *Sesamum indicum* (Pedaliaceae)
Marathi : Tila

Introduction

Tila enjoys the cardinal place among medicinal herbs in India since ancient times. It was held in high esteem by the ancient scholars of Ayurveda. Tila is categorised as *snehana* (oleating), *svedopaga* (adjunct to sweating therapy) and *purisha-virajaniya* (gives a colour to the faeces). Charaka has mentioned that tila promotes longevity and preserves youth. Acharya Sushruta has adored *tilataila* (sesame oil) as one of the best amongst all herbal oils.

Tila is cultivated throughout India in the plains and upto altitude of 1,200 meters. It is an erect annual upto 90 cm. in height, branching from the base. The leaves are large, thin, ovate and toothed. Flowers pink or purplish with yellow marks. The fruits, quadrangular, oblong, compressed capsules, deeply grooved. The seeds may be black, brown or white. The white seeds yield more oil, but black seeds have better medicinal value.

Parts Used

Seeds, Seed oil

Ayurvedic Properties

Taste - Pungent, Bitter, Astringent

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Post digestive effect	- Pungent
Potency	- Hot
Attributes	- Heavy, Unctuous
Dosha	- Alleviates all three doshas
Actions	- Appetiser, Galactagogue, Tonic, Digestant

Medicinal Usage

External

- ✧ Ground sesame seeds, mix honey and ghee. Prepare a paste and apply it on the wounds. It promotes wound healing. Also, when applied on piles, it relieves the pain.
- ✧ Daily massage with sesame oil strengthens the gums.
- ✧ Sesame oil is widely used in *panchakarma* therapy in procedures like *snehana* (oleation), *basti* (enema), *nasya* (nasal drops), etc.
- ✧ Ayurvedic pharmaceutical industry uses sesame oil in a very large scale. Especially, in various oil preparations, sesame oil is used as a base.
- ✧ Mix sesame oil with nutmeg oil. The massage with this combination is extremely benefical in swollen joints.
- ✧ Mix a paste of turmeric and *neem* leaves (1:1) in a little gingelly oil, i.e. oil extracted from sesame seed. Apply it on eczematous or ringworm patches.
- ✧ Make a paste of gingelly oil, milk, turmeric, cumin and black cumin (equal quantity) and apply it on the face. It removes uneven black patches on the face.
- ✧ Heat 1 tsp. garlic in 2 tbsp. gingelly oil. Strain and put 2-3 drops into the ears, when bearably hot. It relieves the earache.
- ✧ Grind the leaves and roots into a very fine paste. Apply in on the scalp. It promotes the hair growth, blacken them and mitigates danruff.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Internal

- Mix 2 tsp. sesame seeds with 2 tsp. jaggery and eat. It works well as an aphrodisiac.
- Sesame oil promotes menses and breast milk.
- Grind sesame seeds (2 tsp.) and mix the powder in butter and eat. It is useful in bleeding piles.
- Combine sesame seed powder, butter and rock candy. It works well in colitis.
- Burnt ash (*kshara*) of tila plant with honey is benevolent in urinary calculi.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

36. TULSI

English : Basil
Hindi : Tulsi
Latin : *Ocimum sanctum* (Lamiaceae)
Marathi : Tulas

Introduction

Tulsi is perhaps the most sacred plant of India next to *kamal* (the lotus). Particularly, the leaves of tulsi are used to worship Lord Vishnu. It is interesting to note that the plant sacred to Shankar, Ganesh and Vishnu are *bilva, doorva* and tulsi, which alleviate *Vata, Pitta* and *Kapha doshas*, respectively. There are innumerable references of tulsi in Indian mythology. The plant is supposed to have a purifying influence by liberating ozone and also is said a repel to the mosquitos. Hence, the plant is grown in the courtyard, traditionally and worshipped daily as a necessary ritual for family well-being.

Ayurvedic texts categorise it as *kasaghna* (alleviates cough), *svedal* (induces sweating), *ajirna nashak* (mitigates indigestion) and *agnimandya nashaka* (alleviates anorexia). Tulsi plant is an erect much branched shrub reaching a height upto 30-60cm. The leaves are simple, opposite, elliptic, oblong. The inflorescence is a long spike with tiny purple flowers.

Parts Used

Seeds, Leaves and Roots

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Ayurvedic Properties

Taste	- Pungent, Bitter
Post digestive effect	- Pungent
Potency	- Hot
Attributes	- Light and Dry, Seeds - unctuous, Slimy, Cold
Dosha	- Alleviates *Kapha* & *Vata*
Actions	- Stimulant, Aromatic, Antipyretic

Medicinal Usage

External

- ✧ Grind finely a handful of tulsi leaves and apply the paste on affected areas of the skin. It helps relieving the ringworm infestation.
- ✧ Prepare the paste of leaves and dress the wound. It promotes wound healing and controls the infection.
- ✧ Nasal drops of leaves juice (4-5 drops) alleviate headache in sinusitis.
- ✧ Massage with leaves juice improves the subcutaneous circulation and improves the sensation in the skin . Inhale it like a shuff 2-3 times a day. It relieves headache, due to vitiation of *Kapha dosha.*
- ✧ Take a pinchful of dried leaves power. Inhale it like a snuff 2-3 times a day. It relieves headache, due to vitiation of Kapha dosha
- ✧ The leaf juice as ear drops mitigates earache.

Internal

- ✧ Chew few leaves of tulsi. It mitigates gum infection.
- ✧ Often tulsi juice is used as media of intake (*anupana*) to take medicine. It increases the bioavailability of the medicine.
- ✧ Prepare tulsi tea of the leaves. Drink 1/2 teacup 3 times daily. It is beneficial in cough, colds and loss of appetite.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

- ✧ Mix 1 tsp. each tulsi leaves juice with honey. It is the best remedy for hiccup and vomiting.
- ✧ The powder of dried leaves, 1/4 tsp. 3 time daily, alleviates cough.
- ✧ The same is extremely beneficial in asthma, allergic bronchitis and eosinophilia.
- ✧ Mix 1/2 tsp. each dried tulsi leaves powder and black pepper powder. Add 1-2 tsp. honey. It is an effective panacea for *Kaphaj* fever.
- ✧ Soak a handful of tulsi seeds in a glass of water, overnight. Drink it in urinary burning sensation and general debility.
- ✧ A decoction of 20-25 tulsi leaves taken along with a pinch of rock salt abates digestive ailments like anorexia, diarrhoea, flatulenence, etc.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

37. TVAK

English : Cinnamon
Hindi : Dalchini
Latin : *Cinnamomum zeylanicum* (Lauraceae)
Marathi : Dalchini

Introduction

The Sanskrit word 'Tvak' literally means the skin. As the bark skin of this plant is used for medicinal purpose, it is aptly known as tvak. As a spice, it has been used in India since centuries. It is a well known domestic remedy for loss of appetite, indigestion, abdominal pain, dental pain and as a deodorant. Three aromatics, *trijat* viz tvak, *ela* (cardamom) and *tamalpatra*, in combination is used in Ayurvedic pharmacy in the preparations of medicated wines, to augment the fragrance and to promote the appetite and digestion.

It is a middle sized evergreen tree, 9-12 meters high, 1.2 - 1.5 meters in girth. The leaves are opposite, coriaceous, glabrous and shining above. The flowers small, on long terminal and corymbase. Every part of the plant when bruised, gives a powerful odour of cinnamon.

Parts Used

Dried inner bark (of the shoots and branches and oil)

Ayurvedic Properties

Taste - Pungent, Bitter, Sweet

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Post digestive effect	- Pungent
Potency	- Hot
Attributes	- Light, Sharp, Dry
Dosha	- Alleviates *Kapha* & *Vata*, aggravates *Pitta*
Actions	- Aromatic

Medicinal Usage

External

- ✧ Grind few pieces of cinnamon bark on grinding stone, with little amount of water. Perpare a thin paste and apply on the forehead, when bearably hot. It mitigates headache due to colds.
- ✧ Cinnamon oil massage is extremely beneficial in *Vata* diseases, like painful joints with swelling.
- ✧ Soak a cotton swab in cinnamon oil and place it in dental cavities. It reduces pain and infection.
- ✧ Apply the paste of bark on affected areas of the skin. It ameliorates the dispigmentation.
- ✧ As a cosmetic aid, it is commonly used as one of the ingredients in mouth odorants, bath powders and fragrants hairwashes.
- ✧ Gentle massage with cinnamon oil on penile skin is recommended in failure of the penile erection.

Internal

- ✧ Prepare cold infusion of cinnamon and drink 2 tbsp. 3 times daily. It relieves dryness of throat due to excessive thirst.
- ✧ Decoction of cinnamon and *pippali*, 3 tbsp. 3 times daily, works well in *Kaphaj* cough.
- ✧ Mix cinnamon powder, *ral* (shorea robusta) and the pulp of immature *bilva* (Aegle marmelos) fruit in 1:1:2 proportion. Take the mixture (1 tsp. 3 times daily) with curds and little jaggery. It abates dysentery with abdominal colic.
- ✧ Prepare decoction of cinnamon, coriander seeds and dried

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

ginger (2 tbsp. 3times daily). It is salutary in cough, asthma, hoarseness, tuberculosis and pleurisy.

- ✧ The decoction of cinnamon by itself is the best panacea for vomiting due to indigestion.
- ✧ Cinnamon with *ashokarishta* curbs heavy menstrual bleeding, in menorrhagia.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

38. USHIR

English : Cuscus grass
Hindi : Khas
Latin : *Vetiveria zizanioides* (Graminae / Poacea)
Marathi : Vala

Introduction

Ushir is one of the best refrigerant herbs, that cools and calms the entire body and mind, with its influence spreading throughout the circulatory, digestive, respiratory, urinary and nervous systems. It enjoys an important place among cosmetic herbs, used in India. The great sage Charaka has categorised it as *dahaprashamana* (refrigerant), *angamardaprashamana* (relieves body pains), *chhardi-nigrahana* (antiemetic) and *stanyajanana* (galactogogue).

Ushir grows throughout India, in plains and lower hills upto 1,200 meters. It is a densely tufted perennial grass, with aromatic roots and rhizomes. The leaves are narrow, linear, erect with compressed sheaths. The flowers panicle is upto 30 cm long and the fruits are oblong grains, slightly oblique at the apex.

Parts Used

Roots

Ayurvedic Properties

Taste - Bitter, Sweet

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Post digestive effect	-	Pungent
Potency	-	Cold
Attributes	-	Light, Dry
Dosha	-	Alleviates *Pitta* and *Kapha*, aggravates *Vata*
Actions	-	Fragrant , Deodorant, Diuretic, Rejuvenative

Medicinal Usage

External

- ✧ Mix the powders of vetiver (ushir) and sandalwood. Prepare a fine paste and apply it on the whole body. It reduces the buring sensation, effectively.
- ✧ Prepare paste of vetiver, coriander seed powder and *mustaka* (Cyperus rotundus) root powder. Apply it on prickly heat. It works well.
- ✧ Apply the paste of vetiver roots by itself. It alleviates burning sensation, excessive sweating and foul body smell.
- ✧ Application of vetiver paste imparts glow and improves the complexion of skin.
- ✧ Vetiver is one of the most popular cosmetic aids, used in various preparations, viz. face salves, bath powders, cosmetic oils, complexion promoters, body salves, fragrant waters, body deodorants, fragrant hair washes and hair dyes.

Internal

- ✧ Mix the powders in equal quantity of vetiver, rose buds, *karchura* (Curcuma zedoaria) and rock candy. Take 1 tsp. of this mixture with 1 teacup milk. It alleviates burning sensation of the body, with great benefit.
- ✧ Prepare decoction of vetiver, coriander seeds, *bilva*, *mustaka* and dried ginger. Drink 2-3 tbsp. 3 times daily. It is rewarding in diarrhoea with fever and bleeding.
- ✧ Take 1/2 tsp. vetiver root powder with 1 tsp. honey. It relieves the phlegm in cough and asthma. It also works well in hiccup.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

- ✧ Smoke vetiver powder in a form of cigarette. It relieves the blocked phlegm.
- ✧ Decoction of vetiver and sandal wood mitigates bleeding disorders. (2 tbsp. 3times, daily).

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

39. VACHA

English : Sweet flag
Hindi : Vach
Latin : *Acorus calamus* (Araceae)
Marathi : Vekhanda

Introduction

In Sanskrit, vacha literally means speaking. It stimulates the power of self expression and intelligence. It is one of the most renowned herbs of the Ancient Vedic Seer as a rejuvenative for the brain and nervous system. It is indeed a divine herb especially for children, as a nervine. Charaka has categorised it as a reducing herb, promoter of longevity, consciousness restoring, antihaemorrhoidal herb, etc. Many Ayurvedic texts have praised it as antiepileptic and antihysteric one. Two varieties, black and white vacha, are mentioned.

Vacha grows all over India in areas elevated upto 1,800 meters, in marshes and is also cultivated. It is a strongly aromatic, gregarious, semi-aquatic, perennial herb with glossy green leaves which are erect and narrowly ensiform. The flowers light brown and the fruits oblong berries with a pyramidal top.

Parts Used

Rhizomes

Ayurvedic Properties

Taste - Bitter, Pungent

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Post digestive effect	- Pungent
Potency	- Hot
Attributes	- Light, Sharp, Dry
Dosha	- Alleviates *Kapha* & *Vata*, aggravates *Pitta*
Actions	- Emetic, Fragrant, Appetiser, Digestant, Deflatulent, Antiepileptic

Medicinal Usage

External

- ✧ Nasal drops of vacha oil (3-4 drops) are instilled into nose in colds due to *Kapha.*
- ✧ Prepare fine powder of vacha and put it in small cloth bag. This bag is inhaled frequently to alleviate headache due to colds.
- ✧ Similarly, a mixture of powders of vacha and *pippali* (Piper longum) together, in a cloth bag, is inhaled to mitigate migraine.
- ✧ Sesame oil enhanced with vacha and camphor, is instilled into ears to curb ear infections.
- ✧ Prepare fine paste of mustard seed and vacha together. Apply it on swelling of the testicles (orchitis). It reduces the swelling
- ✧ Paste of vacha, nutmeg and sandal wood is applied on pimples (acne vugaris), with great benefit.
- ✧ Apply paste of vacha and nutmeg with little milk, on the inflammed soft palate (uvulitis). It works well.
- ✧ Dry powder massage (*udvartana*) with vacha is beneficial to reduce subcutaneous fat in obesity.

Internal

- ✧ Take only 1/2 pinch of vacha powder with warm water. It works well in loss of appetite, flatulence, distaste, dull abdominal pain and worms.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

- ✧ It induces vomiting in large doses. For that, fresh lime juice with fennel, is the antidote.
- ✧ In epileptic children, give 1/4 -1/8 pinch of vacha powder with 1 tsp. honey, 3 times daily.
- ✧ Mix, in equal quantity, vacha and liquorice powders. Give 1/2 pinch of mixture with 1/2 tsp. ghee and 1 tsp. honey, for one year. It is beneficial for hyperactive children, to facilitate the concentration of mind.
- ✧ Combine, in equal amount, the powders of vacha, *shankha-pushpi* (Evolvulus alsenoides) and *brahmi* (Herpestis monniera). 1/2 tsp. of mixture with 1 tsp. honey, taken daily is a good adjunct in epilepsy.

Caution

- ✧ Sparingly use vacha in aggravated conditions of *Pitta.*

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

40. VIDANGA

English : Bebela
Hindi : Vayvidanga
Latin : *Embelia ribes* (Myrsinaceae)
Marathi : Vavdinga

Introduction

Early writers of Ayurveda often recommended Vidanga as the most powerful deworming herb. It is traditionally used, especially in children to combat worm infestations, throughout India. Charaka has categorised it as anthelmintic, antidermatosis, antisaturative and useful agent in cleansing nasal therapy. It is also cited as a *rasayana* (rejuvenative).

Vidanga grows throughout India in areas upto 1,500 meters elevation in hilly regions. It is a large scandent shrub with long, senticels. The leaves are coriaceous, elliptic, lanceolate, 6-14 cm long and 2-4 cm broad. The fruits are globular, dull red to nearly black berries tipped with style, smooth, succulent, in dry conditions with wrinkles and with loss of calyx.

Parts Used

Berries, Leaves, Root-bark

Ayurvedic Properties

Taste - Pungent
Post digestive effect - Pungent

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Potency	- Hot
Attributes	- Dru, Light, Sharp
Dosha	- Alleviate *Vata* & *Kapha*, aggravates *Pitta*
Actions	- Anthelmintic, Digestant, Deflatulent, Rejuvenative

Medicinal Usage

External

- ✧ Nasal drops of medicated oil of vidanga helps in colds and migraine.
- ✧ Massage with vidanga oil alleviates headache due to colds.
- ✧ Prepare a decoction of vidanga fruits and gargle. It is salutary in dental aches and infection.
- ✧ Grind vidanga fruits into fine powder. Inhale it like a snuff. It eliminates the phlegmatic accumulations through nose in sinusitis.
- ✧ As a cosmetic aid, vidanga is used in hair dyes and face salves.

Internal

- ✧ Take 10-15 vidanga fruits, 1 tsp. root powder of *sariva* (Hemidesmus indicus) in a cup of milk and boil. It alleviates indigestion, flatulence, loss of appetite and abdominal pain, especially in children.
- ✧ In chronic skin diseases pinchful of vidanga powder with 1 tsp. honey is recommended daily as an adjunct.
- ✧ Mix vidanga and *ajamoda* powder (pinchful of each). Take the mixture with 1 teacup hot water. It relieves the constipation.
- ✧ Prepare decoction of vidanga fruits and give it along with little jaggery. It combats worms in children.
- ✧ In adults, 1-2 tsp. vidanga powder with hot water, on empty stomach, is followed by a laxative. It expells the intestinal worms.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

- Boil vidanga and garlic, with milk. It is highly recommended as a nervine. It works well in chronic *Vata* diseases like hemiplegia and epilepsy.
- Chew pinchful of vidanga powder with honey to alleviate distaste.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

41. VRUKSHAMLA

English : Kokum butter pee
Hindi : Kokam
Latin : *Garcinia indica* (Guttifereae)
Marathi : Amasoola

Introduction

In Sanskrit 'Vrukshamla' literally means the sour tree. The sour fruit is commonly used in daily cooking to add to the taste of food. The fruits, without seeds are available in the market, known as kokam in local language. The seed oil, called as *kokam taila*, is commonly used for soothing the skin especially in winter. Vrukshamla fruit is less irritant than tamarind, hence can be used safely.

It is an evergreen tree, grows in abundance in Goa, Malabar and costal regions of Kokana. It is also found in China, Malaya, Jawa and Singapore. The leaves are dark green, 6-8 cm long and 2.5 - 4 cm broad. The fruits are round, red or maroon in colour, with sour pulp. The seed contains 30% oil which is thick and white like wax. Ripened fruit is sweet and sour in the taste.

Parts Used

Fruits, Seed oil

Ayurvedic Properties

Taste - Sour, Sweet

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Post digestive effect	- Sour
Potency	- Hot
Attributes	- Light, Dry
Dosha	- Alleviates *Vata* & *Kapha*
Actions	- Appetiser, Antidiarrhoeal, Alleviates *Rakta-Pitta,* i.e. bleeding diathesis

Medicinal Usage

External

- ✧ Kokum seed oil is beneficial for dressing the wounds. It promotes the healing.
- ✧ Seed oil, popularly known as *kokum taila* in local language, is salutary as a topical application for soothing. Especially in winter, it is applied to cheeks, lips and soles for soothing the dry, cracked skin.
- ✧ Crush mature fruits in water. Apply it on the affected areas of the skin to alleviate itching and rashes.
- ✧ Prepare a paste of finely powdered root skin. Apply in skin disorders. It works well.

Internal

- ✧ Prepare kokum tea (*phant*) of fruits. Drink 1 teacup 2 times daily. It improves the taste sensation and mitigates indigestion.
- ✧ Kokum fruit squash ameliorates the thirst.
- ✧ Kokum sherbat is a commonly consumed household preparation to alleviate thirst in summer.
- ✧ Prepare the pulp of *bhallataka*, cumin and kokum seeds. It is benevolent in piles.
- ✧ Kokum is extremely beneficial in fever with burning sensation.
- ✧ Prepare kokum tea or *sara.* It is an effective remedy for diarrhoea and dysentery.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

- ✧ Drink 1 teacup kokum sherbat 2 times daily. It is useful to gain the weight, in general debility.
- ✧ Kokum is stimulant to the liver and relieves the flatulence.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

42. YASHTIMADHU

English : Liquorice
Hindi : Mulaithi
Latin : *Glycyrrhiza glabra* (Fabaceae)
Marathi : Jyesgthamadha

Introduction

The Sanskrit word 'Yashtimadhu' literally means a sweet stick. Yashtimadhu (liquorice) plant has been included in the pharmacopoiea of many ancient civilisation like Indian, Greek, Roman, Egyptian and Chinese. Ayurveda has used this herb to treat a vast range of ailments through ages. Charaka has mentioned it as a vitalizing herb, a healing herb, a nervine tonic, adjunct to emesis and decoction enema, haemostatic, promotes longevity , antiemetic, antipruritic, etc. Sushruta has categorised it as a wound healer and a herb beneficial for the throat. Later texts add to it as a rejuvenator, antitussive, antiasthmatic and beneficial for the eyes and hair also. The long list of its properties denotes itself the versatility of the plant.

It is a perennial plant, 1-1.5 meter high, the leaves alternate, leaflets 4-7 pairs. Flowers in loose racemes, violet coloured. Legume compressed, flattened, almost straight with many stolon.

Parts Used

Root and Stolon

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Ayurvedic Properties

Taste	- Sweet
Post digestive effect	- Sweet
Potency	- Cold
Attributes	- Heavy, Unctuous
Dosha	- Alleviates *Vata & Pitta*
Action	- Rejuvenating, Mucolytic, Antitussive, Antiasthmatic, Beneficial for hair, skin, eyes and throat

Medicinal Usage

External

- ✧ Mix finely powdered liquorice root with ghee. Apply it on chronic non-healing wounds. It promotes healing and reduces pain as well.
- ✧ Prepare a decoction of liquorice roots. Use it for an eyewash. It is salutary in conjunctivitis.
- ✧ Mix fine powder of liquorice with milk. Apply the paste on effected areas. It is the best cure for blemishes and dispigmentation of the skin. It also imparts glow and improves complexion.
- ✧ Decoction of liquorice is an excellent hairwash, especially, in premature greying.
- ✧ Liquorice is the prime ingredient in various face packs, used in the treatment of pimples and freckles.
- ✧ Soak 1 tbsp. crushed liquorice root in 2 teacups water for 3-4 hrs. Frequently gargle with it. It is salutary in inflammation in mouth (stomatitis) and ulcers in oral mucosa.

Internal

- ✧ Take 1/2 tsp. liquorice powder with 1 teacup milk, 3 times daily. It is the best remedy for hyperacidity.
- ✧ Prepare a decoction of liquorice roots. Drink 2-3 tbsp. 3 times daily. It relieves burning urination.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

- Mix 1/2 tsp. each liquorice powder, ghee and sugar. Take it 3 times daily in hoarseness and sore throat.
- Prepare the medicated ghee (*siddha ghrita*) of liquorice roots. For that, take 1 part herb + 4 parts ghee + 16 parts water. Heat it on slow flame till water evaporates and ghee remains. Liquorice ghee (1 tsp. 3 times daily) is the best panacea for duodenal ulcer.
- Combine 1 tsp. *triphala* powder, 1 tsp. liquorice powder and a pinchful of *suvarnamakshika bhasma*. Mix it with 1 tsp. honey and 1/2 tsp. ghee. Take this mixture daily at bed time. It improves the eyesight.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

43. HONEY

Hindi : Shahad
Latin : Mel
Marathi : Madha
Sanskrit : Madhu

Introduction

Honey is sweet liquid gathered by honeybees from nectar or other secretions of plants. It is the most complete natural food in pre-digested form. Ayurvedic texts mention honey, i.e. 'madhu', with various synonyms like *kshaudra, makshika, saragham,* etc. Different eight varieties of honey are cited in Ancient texts of Ayurveda, viz. *makshika, bhramara, kshaudra, pauttika, chhatra, aarghya, auddalaka* and *daala* according to the source and the types of bees.

Ayurvedic Properties

Taste	- Sweet, Astringent
Post digestive effect	- Sweet
Potency	- Cold
Attributes	- Dry, Subtle, Light
Dosha	- Alleviates all three *doshas*
Actions	- Astringent, Reducing healer, Beneficial to the eyes, Nervine, *Yogavahi,* i.e. used as vehicle or intake media

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

It facilitates the absorption and enhances the properties of the medicine. It also augments seminal fluids and improves the complexion and appetite. The fresh honey helps weightgain, whereas old honey (one year stored) scrapes out the body fats. Honey should never be made hot.

Criteria for the best Honey

- ✧ It sinks in water.
- ✧ Gets easily burnt like an oil.
- ✧ Does not stick to the clothes.
- ✧ Slightly irritates the tongue when tasted and the eyes when instilled.
- ✧ The dog doesn't lick.
- ✧ The bees are not entangled in honey.

Medicinal Usage

External

- ✧ Honey is extremely beneficial for dressing the chronic, non-healing, foul wounds, burns and scalds.
- ✧ In conjunctivitis, it is benevolent, when instilled (2-3 times) into eyes.
- ✧ As a cosmetic aid, it is salutary as a media, in various face-packs.
- ✧ It is locally applied in stomatitis with great benefit.

Internal

- ✧ Honey is highly praised as the best remedy for *Kapha* diseases.
- ✧ Honey is consumed as a food item all over the world, but in India, it is used more as a medicine.
- ✧ The fresh honey is the best tonic, especially in weak children, for weight gain and the old honey is recommended in obesity to reduce the excessive body fats (15-30 ml, daily, with a glass of water).

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

- ✧ With lemon juice, honey alleviates *Vata.*
- ✧ Honey with ginger juice or lemon juice, stimulates the appetite.
- ✧ Hyperacidity is curbed by honey and *tulsi* juice.
- ✧ Honey in small dose (5 ml.) alleviates vomiting.
- ✧ It improves the voice and hence useful in sore throat and hoarseness of voice.
- ✧ Black pepper or *pippali*, with honey, is advised in cough.
- ✧ Honey, with the burnt ash of the cardamom fruits, alleviates the hiccup.
- ✧ *Triphala* powder (5 gm.) and one teaspoonful of honey is strongly recommended in diseases of the eyes, for long term duration. It helps to improve the acuity of vision.
- ✧ Honey is one of the most commonly used *anupana* (media of intake), especially in the respiratory diseases.
- ✧ For old persons, daily (5 ml.) honey, works well as a nervine, for eyesight, to maintain the body weight and a as tonic.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

44. OILS

Oil is the best remedy for *Vata* diseases. *Basti* (medicated enema) is one of the cardinal procedures in *panchakarma* therapy, especially for *Vata dosha*. Hence, the *basti* of an oil is highly placed as the unique remedy for the diseases of *Vata* origin.

Oils (*taila*) of various herbs have been used, as external application, on a very large scale in Ayurvedic pharmacy, since ages. There are hundreds of oil preparations available in the market. Few oils are also used for ingestion as a medicine and also as an edible oil. The edible oil stimulates the appetite, improves digestion and also soothens the intestines.

Medicinal oil preparations, few important ones, will be mentioned in the later chapter. Already there is a mention of important oils viz. castor (*eranda*), sesame (*tila*), mustard (*rajika*), marking nut (*bhallataka*), sandalwood (*chandana*), clove (*lavanga*), etc. in previous chapters.

Externally, the oil is used for massage in various *Vata* diseases like rheumatic conditions, paralysis, sciatica, lumbago, etc. Ayurveda recommends, even for the healthy individual, a light massage with oil before the bath and at the bed time daily. It relieves the fatigue, tones up the muscles, alleviates the *Vata dosha* and prevents the ageing. Ayurvedic massage science is really a boon to the mankind.

Benefits of Ayurvedic massage (Abhyanga)

- ✧ Prevents premature ageing process
- ✧ Overcomes the fatigue

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

- ✧ Prevents and cures *Vata* disorders
- ✧ Promotes longevity
- ✧ Nourishes the body and muscles
- ✧ Beneficial to the skin and eyes
- ✧ Induces the sleep
- ✧ Increases the body resistance

Oils according to Dosha

Vata dosha is dry, light, cold, rough, subtle and unstable in attributes. Whereas warmed sesame oil (*tila taila*) has unctuous, heavy; hot, smooth, gross and stable attributes. Hence, *tila taila,* is the treatment of choice for *Vata dosha.* Similarly, for *Pitta dosha,* the oil of choice is coconut oil *(narikela taila)* and for *Kapha dosha* the mustard oil *(rajika taila).*

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

45. MILK

Hindi : Doodha
Latin : *Lactus*
Marathi : Doodha
Sanskrit : Dugdha

Introduction

Mother's milk is probably the first ever tasted food by every human being on this earth, since ages. In modern times, it is regaining its real values as the best food. Ancient scriptures of Ayurveda have highly esteemed it as an ambrosia. Ayurveda has specifically mentioned the milk as a food and as medicine as well, which should be looked into and practised as home remedies of today. In Sanskrit, dugdha has various synonyms like *kshira, amruta, piyusha, paya, stanya* and *balajeevan.* Ayurveda describes the eight varieties or sources of milk, viz. sheep, she-goat, cow, buffalo, camel, elephant, horse and woman.

Ayurvedic Properties

Taste	- Sweet
Post digestive effect	- Sweet
Potency	- Cold
Attributes	- Heavy, Unctuous, Laxative (*Sara*)
Dosha	- Alleviates *Vata* & *Pitta*
Actions	- *Saddyahshukrakara* (augmentseminal

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

fluids quickly), Vitalizing, Rejuvenative, Energetic, Aphrodisiac, Bulk promoting, Tonic, Healing (fractures), Prevents aging and Augments *oja*

It is commonly used in *panchakarma* therapy for inducing vomiting, purgation and enemas. Also it is used as nasal drops, bath and oleation. Milk alleviates the diseases like acid-peptic disease, anaemia, acites, tumours, fever, burning and oedema.

Medicinal Usage

Cow's Milk

- ✧ It is *jivaniya* (helps to protect the life and promote longevity).
- ✧ It is *rasayana* (rejuvenator), i.e. it nourishes all the seven *dhatus* (tissues) in the body, viz. plasma, blood, muscle, adipose, bone, bonemarrow and reproductive elements.
- ✧ Cow's milk is *balya* (a strength giving one).
- ✧ It augments the breastmilk of a nursing mother.
- ✧ Extremely beneficial in severe debility.
- ✧ It is highly recommended as a nervine.
- ✧ Beneficial in cough, dyspnoea, execessive thirst and hunger.
- ✧ It relieves the fatigue and has a mild laxative property.
- ✧ Alleviates the difficulty in micturition and bleeding diathesis.
- ✧ Highly praised to regain energy in convalescence.

Buffalo's Milk

- ✧ Slightly heavy to digest and more cooling than cow's milk.
- ✧ More unctuous than cow's milk.
- ✧ Augments the seminal fluids.
- ✧ Imparts soothing and induces a quiet sleep.
- ✧ It aggravates *Kapha dosha* and reduces an appetite.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

- With *shatavari* root powder (5 gm.) mixed in a glassful of milk with sugar, promotes the quantity of breast milk in nursing mothers.
- It is the best natural antacid.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

46. CURD

Hindi : Dahi
Marathi : Dahi
Sanskrit : Dadhi

Introduction

Curd is the coagulated part of milk, from which cheese is made. It is formed when milk sours and is distinguished from whey, the watery part. Many people are fond of curds as their routine dietary item, but Ayurvedic physicians, many a times do not recommend it. It is contraindicated by Ayurveda in dinner. The complete coagulated, fresh and sweet curds should be eaten. Apparently one feels the curd might be cooling, but it is just the opposite.

Ayurvedic Properties

Taste	- Sweet, Sour
Accessary Taste	- Astringent
Post digestive effect	- Sour
Potency	- Hot
Attributes	- Heavy, Unctuous
Dosha	- Aggravates *Kapha* & *Pitta*
Actions	- Aggravates Oedema, Asthma, *Pitta* and *Kapha doshas* and Fats

It is beneficial in the diseases like dysuria, diarrhoea, distaste, debility, etc. It augments the strength and seminal fluids.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

The watery part, i.e. whey (*mastu*) of curd is light to digest. It relieves the thirst and fatigue. It is sour, astringent, sweet in taste and alleviates *Kapha* and *Vata.* It increases the appetite and has a mild laxative effect. It nourishes the tissues by cleansing the microchannels in the body *srotasas* and gives satiety.

Types Of Curd

Ayurveda describes five types of curd.

- ***Manda*** : It is very mild, slightly semisolid. It facilitates the urine and faeces. It creates burning sensation and aggravates all the three *doshas.*
- ***Svadu*** : It is properly coagulated, sweet in taste and has accessory taste, i.e. sour. It reaches the microchannels (*srotasas*) of the body and blocks them. It augments fats and *Kapha dosha.* It alleviates the *Vata dosha* and possesses the sweet post digestive effect. It is salutary in blood diathesis (*rakta-pitta*).
- ***Svadvamla*** : It is thick, sweet and sour in taste and has properties in general to those of curd.
- ***Amla*** : It is sour in taste. Though it stimulates the appetite, it aggravates *Pitta* and *Kapha doshas* and creates the blood disorders.
- ***Atyamla*** : It is very sour in taste. It aggravates the *Vata* and *Pitta doshas* and also worsens the blood disorders.

Curd is recommended only in the breakfast and lunch with a very small pinchful of black pepper or cumin seed powder.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

47. BUTTERMILK

Hindi : Chhachha, Mattha

Marathi : Taak

Sanskrit : Takra

Introduction

The curd crushed and the water is added to it. The butter, which floats on the top, is removed and the remaining liquid part is called as buttermilk.

Buttermilk is highly esteemed as a diet as well as medicine, for the patients of colitis and piles. It is believed that daily consumption of the buttermilk keeps one healthy and hearty.

Ayurvedic Properties

Taste	- Sweet, Astringent, Sour
Post digestive effect	- Sweet
Potency	- Hot
Attributes	- Light, Astringent
Dosha	- Alleviates *Kapha* & *Vata*
Actions	- Anti-diarrhoeal, Alleviates Dysuria and Oedema

Types of Buttermilk

✧ *Ghola* : Curds with cream crushed and water is added to it. It alleviates *Vata* and *Pitta doshas* and is pleasant.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

- ***Mathita*** : Curd without cream crushed and water added. It alleviates *Kapha* and *Pitta doshas.*
- ***Takra*** : Curds alone crushed and one quarter part water is added to it. It is a common kitchen preparation, daily consumed in India. It is astringent and sweet in taste. It has sweet post digestive effect and hot potency. It is light to digest, augments the appetite, alleviates the *Vata dosha.* It is highly recommended in colitis as it is light to digest, astringent hence, binds the stools and because of sweet in post digestive effect, it curbs the vitiation of *Pitta dosha.* Being sour in taste and has hot potency, it alleviates *Vata dosha* and because of its dry attributes and hot potency, it alleviates the *Kapha dosha.* Because of these properties, takra is like on ambrosia to the patient of colitis.
- ***Udshvita*** : The type augments *Kapha* and energy and mitigates the *ama.*
- ***Chhachhika*** : It is light to digest, cooling and alleviates the thirst and fatigue. It alleviates the *Pitta* and *Vata doshas,* but aggravates the *Kapha dosha.* It is usually consumed by adding a small amount of salt or rock salt to stimulate the appetite.

Medicinal Usage

- Alleviates the thirst and excessive body fats.
- Highly recommended as a diet and drug in colitis.
- It works well as an anti-diarrhoeal.
- It relieves dysuria and oedema.
- It is alone advised as a diet for one day, in indigestion.
- It is contraindicated in patients of asthma, colds and cough, constipation with hard stools and anaemia.

Buttermilk is recommended as follows

In *Vata*	- Sour buttermilk with salt and *shunthi*
In *Pitta*	- Sweet buttermilk with sugar
In *Kapha*	- Slightly sour buttermilk with *trikatu*

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

48. BUTTER

Hindi : Makkhan
Marathi : Loni
Sanskrit : Navaneet

Introduction

Butter is obtained either from the milk or from the curds. The butter obtained from the curds or buttermilk is light to digest. The stale butter is heavy to digest and aggravates the *Kapha dosha* and fats.

Ayurvedic Properties

Taste	- Sweet, Sour, Astringent
Post digestive effect	- Sweet
Potency	- Cold
Attributes	- Light
Dosha	- Alleviates *Pitta*, aggravates *Kapha*
Actions	- Fresh butter is beneficial in Bleeding piles, Tuberculosis, Cough, etc.

Butter From Cow's Milk

Augments the strength, seminal fluids and appetite. It is beneficial for the complexion. It alleviates the diseases like piles, facial palsy, bleeding diathesis, cough, tuberculosis and alleviates *Vata* and *Pitta doshas*. It is strongly recommedned in children and in old age.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Butter from Buffalo's Milk

It augments the body fats and seminal fluids. It is heavy to digest, aggravates *Kapha* and *Vata doshas*. It alleviates the burning sensation and fatigue.

Medicinal usage

- ✧ Butter is recommended in bleeding piles, facial palsy, tuberculosis and bleeding diathesis.
- ✧ In bleeding piles, take one spoonful of fresh butter, add to it one spoonful of white sesame seeds and one spoonful of rock candy powder. This mixture arrests the bleeding quickly.
- ✧ Butter, sugar and *nagakeshar* (Mesua ferrea) together half a gram each, also mitigates bleeding in piles.
- ✧ Fresh butter is recommended in debility, for weight-gain.
- ✧ It also imparts better complexion, especially in skin tanning.
- ✧ Burning sensation of the body and eyes is relieved by consuming the fresh butter daily.
- ✧ Butter by itself, works well to ameliorate heavy menstrual bleeding. Daily 40-50 gms of butter should be consumed.
- ✧ In hard stools, slightly warmed butter with little rock salt, before food, is advised.
- ✧ It is beneficial in night-blindness.
- ✧ As a tonic for children, butter and honey, one spoonful each works well.
- ✧ Externally, butter mixed with turmeric powder is applied to improve the complexion.
- ✧ A pinchful of *sariva* (Hemidesmus indicus) root powder mixed with butter is advised in infants to mitigate *Kapha* aliments.
- ✧ Avoid butter in asthma, cough with phlegm and *Kapha* disorders.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

49. CLARIFIED BUTTER

Hindi : Ghee
Marathi : Toop
Sanskrit : Ghrita

Introduction

The clarified butter or ghee, enjoys an important place amongst the oleating substances, used for internal oleation. Apart from its food value, it is highly praised as the great medicine for *Pitta* and *Vata-Pitta* disorders. Though it possesses attributes opposite to those of *Pitta,* still it stimulates *agni,* i.e. the appetite. It has an exceptional quality or *prabhava,* i.e. special potency with which it works. There are numerous preparations of medicated ghee with various herbs, manufactured in Ayurveda pharmacy.

Ayurvedic Properties

Taste	- Sweet
Post digestive effect	- Sweet
Potency	- Cold
Special Potency	- Appetiser
Attributes	- Unctuous, Heavy
Dosha	- Alleviates *Vata* & *Pitta*
Actions	- Rejuvenative, Nerivne, Aphrodisiac, Tonic, Detoxifer

Ghee licked as a *leha,* alleviates *Pitta dosha* and ghee drunk

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

as a *ghritapana* alleviates *Vata dosha*. It is one of the best detoxifying agent against all type of toxins.

Medicinal Usage

External

- ✧ Fresh ghee many a times is used as a media, in cosmetic aids, especially in face salves.
- ✧ Old ghee (*purana ghrita*), i.e. stored more than ten years, is useful in diseases of the eyes and ears.
- ✧ *Kumbha ghrita* (100 years stored) or *maha ghrita* (111 years stored) becomes stony hard. It is matted with water and used only externally in chronic skin diseases.

Internal

- ✧ Ghee is highly recommended to be beneficial for health throughout the life.
- ✧ Medicated ghee is useful in many diseases like erysipelas, oedema, hysteria, etc.
- ✧ One day old fresh ghee (*haiyangveena*) is beneficial for the eyes, appetiser, tasty, bulk promoting, augments the seminal fluids and especially febrifuge.
- ✧ Ghee in general, is benevolent in burning sensation, blood disorders, giddiness and diseases of *Vata* and *Pitta*.
- ✧ One year old ghee alleviates all the three *doshas* and is useful in epilepsy, hysteria and dermatosis.
- ✧ Fresh ghee is recommended during meals, debility, anaemia, tuberculosis, hepatitis and diseases of eyes.
- ✧ Ghee is contraindicated in diseases due to *ama* and *Kapha*, cholera, flatulence and alcohol intoxication. It should be used sparingly in old age and childhood.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

50. SALTS

"Salty taste promotes digestion, is moistening, enkindles digestive fire, it is cutting, bitting, sharp, fluid. It works as a sedative, laxative, deobstruent. Salty taste alleviates *Vata*, relieves stiffness, contractions, softens accumulations and nullifies all other tastes. It promotes salivation, liquifies *Kapha*, cleanse the vessels, softens all the organs of the body, gives taste to food. It is heavy, unctuous and hot".

"Yet when used too much by itself or in excess, it aggravates *Pitta*, causes stagnation of blood, creates thirst, fainting and sensation of burning, erosion and wasting of muscles. It aggravates infectious skin conditions, causes symptoms of poisoning, causes virility, obstructs the functioning of the senses, causes wrinkling of the skin, greying and falling of the hair. Salty taste promotes bleeding diseases, hyperacidity in digestion, inflammatory skin diseases, gout and others mainly *Pitta* diseases.

(C. S. Su. 26. 40)

Types of Salts

- ***Saindhava*** (Sodium chloride, Impure rock salt) : It alleviates all the three *doshas*, an appetiser, beneficial for eyesight, non-burning, aphrodisiac. When there is no mention of any specific type of lavana (salt), the *saindhava* should be used. It is semi-hot, sweet and light in properties.
- ***Padelona*** (Unaqua sodium chloride, Black salt): It improves taste and digestion, deflatulent and carminative.
- ***Bidlona*** (*Sanchal* lavana): It is an appetiser, deflatulent,

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

antispasmodic, eliminates heaviness, facilitates *Vata* and *Kapha doshas.*

- ✧ ***Samudra*** (Table salt, Common salt, Sodia muras): It has a sweet post digestive effect and is heavy to digest.
- ✧ ***Audbhi*** (Pot nitre, Fossil salt) : It is sharp, pungent, bitter and salty. It aggravates the *Kapha dosha.*
- ✧ ***Kale*** (Black salt) : It is carminative, deflatulent, appetiser and tasty.
- ✧ ***Sambhar*** (From salt lake near Sambar in Ajmer): It is light and very sharp. It vitiates *Pitta* and augments *Kapha dosha.*

Medicinal Usage

External

- ✧ In absence of any medicinal aid, in severe fever, the cotton gauze soaked in saline water is kept on the forehead, chest, limbs, abdomen, alternately. It relieves the fever quickly.
- ✧ In pyorrhoea, teeth are cleansed with salt to curb the foul smelling.
- ✧ The gargels of salt and water are effective in swollen and infected gums.
- ✧ Fomentation with hot water mixed with salt, is beneficial in sprains, oedema and inflammed joints.

Internal

- ✧ In loss of appetite, half the pinchful of salt is recommended with lemon or buttermilk.
- ✧ Blocked phlegm in cough gets relieved by very small amount of salt by itself.
- ✧ Rehydration therapy by a pinchful of salt and 1-2 teaspoons of sugar, along with a glassful of water is practised as a domestic remedy for dehydration.
- ✧ Constipation gets reduced by increasing the salt intake in daily diet.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

- ✧ Buttermilk mixed with a pinchful of salt and black pepper mitigates sticky stools and flatulence.
- ✧ The small urinary stones get flushed with the decoction of coriander seeds with salt.
- ✧ Salt water in large amount induces vomiting, as a remedy, for hyperacidity and diseases of *Kapha-Pitta* vitiation.
- ✧ In chronic constipation, 2 teaspoons of salt with warm water help cleansing interstines.

Contra-indications of Salt

- ✧ In old age and winter season, salt should be sparingly consumed.
- ✧ In all skin diseases, especially associated with oozing, salt intake should be strictly controlled.
- ✧ Salt intake should be reduced in rheumatic diseases.
- ✧ In burning or itching sensation in skin or urinary tract, salt should be restricted.
- ✧ Excess salt in diet decreases virility and promotes ageing.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

51. SUGAR

There are numerous sources in nature, from where the sugar is obtained. The sugar obtained from sugarcane juice is commonly consumed in diet throughout the World.

"The sweet taste (as it is of the same nature as the human body, whose tissues taste sweet) promotes the growth of all bodily tissues and *ojas*. Aiding in longevity, it is smoothing to the five sense organs and the mind, and gives strength and good complexion. Sweet taste alleviates *Pitta, Vata* and effects of poison. It also relieves thirst and burning sensation and it promotes the health and growth of skin and hair. It is good for the voice and energy.

Sweet taste is nourshing, vitalizing, gives contentment, adds bulk to the body, creates firmness. It rebuilds weakness, emaciation, and helps those damaged by disease. It is refreshing to the nose, mouth, lips, throat and tongue, and relieves fits and fainting. The favorite of insects, particularly bees and ants, sweet taste is wet, cooling and heavy.

Yet when used too much by itself or in excess, sweet taste creates obesity, flaccidity, laziness, excessive sleep, heaviness, loss of appetite, weak digestion, abnormal growth of the muscles of the mouth and throat, difficult breathing, cough, difficult urination, intestinal torpor, fever due to cold, abdominal distension, excessive salivation, loss of feeling, loss of voice, goitre, swelling of the lymph glands, legs and neck, accumulations in the bladder and blood vessels, mucoid accretions in the throat and eyes, and other such *Kapha* caused diseases.

(C. S. Su. 26. 40)

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Ayurveda recommends three varieties of sugar for the use as a food as well as the medicine.

Guda

English : Jaggery
Hindi : Guda
Marathi : Goola
Sanskrit : Guda

Ayurvedic Properties

Taste	- Sweet
Post digestive effect	- Sweet
Attributes	- Heavy, Unctuous
Dosha	- Alleviates *Vata* & *Pitta*
Actions	- Augments seminal fluids, aggravates *Kapha, meda,* strength and worms

Fresh Jaggery : Augments *Kapha* and appetite, aggravates asthma and promotes worm infestations.

Old Jaggery : Light to digest, good for the health, stimulates appetite, augments the seminal fluids and bulk in the body, alleviates *Pitta* and *Vata doshas.*

Sharkara

English : Sugar
Hindi : Shakkar, Chini
Marathi : Sakhar
Sanskrit : Sharkara, Sita

Ayurvedic Properties

Taste	- Sweet
Post digestive effect	- Sweet
Potency	- Cold
Attributes	- Light, Unctuous

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Dosha - Alleviates burning sensation, Fever, Vomiting, Unconsciousness and Augments seminal fluids

Khanda Sharkara

English : Rock candy
Hindi : Khadi sakhar
Marathi : Khadi sakhar
Sanskrit : Khanda sharkara

Ayurvedic Properties

Same as that of Sugar

Actions : Beneficial to the eyes, augments the strength and seminal fluids, alleviates bleeding diathesis

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

COMMON AYURVEDIC PREPARATIONS

In India, plants have been held sacred for centuries and were part of the Indian consciousness and lifestyle. An intricate and extensive herbal science evolved through the ages. In fact, the art and science of wholesome living, known as Ayurveda, originated in the Himalayas when many highly evolved souls worked together to determine ways and means for mankind to live fulfilling, healthy and long lives.

About six hundred different medicinal plants are mentioned in the Principal Ayurvedic Texts, selected for inclusion from the thousands of species of plants growing in India by the seers. The majority of medicines and tonics mentioned in Ayurveda are plant based. Ayurveda, with its vast pharmacopoeia, is one of the greatest gifts of the Ancient Indian Sages to mankind. Ayurveda contains many different methods and forms of herbal preparations. All are disigned for different therapeutic effects, or to maintain the potencies of herbs in different manners.

These include standard methods of infusions, decoctions, powders, poultices, oils and liniments, but in greater variety than generally used in Western herbalism. They include herbal wines, jellies, resin preparation, pills and tablets. Other special preparations include minerals, metals, salts, alkalies and sugars. Some of the preparations are accompanied with *mantra, yantras,* rituals and fire sacrifices. The five basic methods of herbal preparation (*pancha kashaya kalpana*) are the fresh juice (*svarasa*), herbal paste (*kalka*) or powder (*churna*), decoction (*quath*), hot infusion (*phant*) and cold infusion (*hima*). There are several

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

additional methods of herbal preparation. Confronted with this great abundance and very limited space of this booklet, the commonly used Ayurvedic preparations are briefed, with their chief ingredients and medicinal usage. The aim of providing information is not itended to be taken as a replacement for medicinal advice, but to ignite your interest in Ayurveda and about its great treasure and help yourself as a first aid.

• Churna (Powder)

Triphala Churna

Ingredients	:	*Haritaki, bibhitaka* and *amalaki* (in equal part)
Indications	:	Constipation, beneficial for eyesight. Externally for wound dressing in septic wounds, for cleaning teeth in pyorrhea
Dose	:	2 to 3 gms at bed, as a laxative, 500 mg. to 1 gm, thrice a day for other uses
Anupana	:	Hot water

Talisadi Churna

Ingredients	:	*Talsipatra, maricha, shunthi, pippali, vamshalochana, ela, tvak* and sugar
Indications	:	Cough due to *Vata*, cough with phlegm, asthma, post-influenzal cough, bronchitis
Dose	:	1 to 2 gms, three times a day
Anupana	:	Honey

Sitopaladi Churna

Ingredients	:	Rock candy, *vamshalochana, pippali, ela,* and *tvak* (16:8:4:2:1)
Indications	:	Cough due to *Pitta*, cough with fever, tuberculosis, chronic bronchitis

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Dose	:	1 to 2 gms, thrice a day,
Anupana	:	Water

Vidangadi Churna

Ingredients	:	*Vidanga, ajamoda, nimba* skin, *palash* seed, *hingu and kitmari*
Indications	:	Intestinal worm infestations
Dose	:	2 to 3 gms , thrice a day
Anupana	:	Hot water

Bhaskaralavana Churna

Ingredients	:	Salt, *sovarchal, bidlona, saindhava, pippali, pipppalmoola, krisna jiraka, tamalpatra, nagkesar, tailspatra, amlavetas, maricha, jirak, shunthi, dadima, ela* and *tvak.*
Indications	:	Loss of appetite, flatulence with abdominal pain
Dose	:	2 to 3 gms, twice a day, after meals
Anupana	:	Water

Hingvashtaka Churna

Ingredients	:	*Shunthi, marchia, pippali (trikatu), ajmoda, saindhava, jiraka, syahijiraka* and *hingu*
Indications	:	Indigestion, distaste, loss of appetite
Dose	:	1 to 2 gms, twice a day, after meals
Anupana	:	Hot water

Trikatu Churna

Ingredients	:	*Shunthi, marchia, pippali* (in equal parts)
Indications	:	Cough due to *Kapha*, colds, obesity, rheumatic disorders, pyoroea

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Dose	:	0.5 to 1 gm, after meals
Anupana	:	Honey

Yashtimadhu Churna

Ingredients	:	*Yashtimadhu* (liquorice)
Indications	:	Cough, sorethroat, hoarseness of voice, asthma with blocked phlegm, extrernally wound healer
Dose	:	2 to 3 gms, thrice a day,
Anupana	:	Honey

• Svarasa (Fresh juice)

Ardraka Svarasa

Ingredients	:	Ginger juice
Indications	:	Fever, colds
Dose	:	1-2 tablespoons, twice daily
Anupan	:	Black pepper powder

Tulsi Svarasa

Ingredients	:	Holy basil-leaves juice
Indications	:	Fever, colds
Dose	:	1-2 tablespoons, twice daily
Anupan	:	Black pepper powder

Vasa Svarasa

Ingredients	:	*Vasa* (Adhatoda vasica) leaves juice
Indications	:	Bleeding diathesis, cough, fever, hepatitis
Dose	:	2-4 tablespoons, twice daily
Anupan	:	Honey

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Doorva Svarasa

Ingredients	:	*Doorva* leaves juice
Indications	:	Hiccup, burning urination, nose-bleed, urticaria
Dose	:	2-4 tablespoons, twice daily
Anupan	:	Sugar , honey

Kumari Svarasa

Ingredients	:	Aloe gel-juice
Indications	:	Externally in breast abscess, wound dressing, burns and scalds. Internally anorexia, cough, scanty menses, skin diseases, e.g. scabies
Dose	:	2-4 tablespoons, twice daily
Anupan	:	Turmeric powder

• Kalka(Paste)

Shunthi Kalka

Ingredients	:	*Shunthi* and *tila* seeds (1:1)
Indications	:	Rheumatic conditions
Dose	:	2-5 gms, twice daily
Anupan	:	Jaggery and milk (1:4)

Rason Kalka

Ingredients	:	*Rason* (garlic) bulbils
Indications	:	*Vata* disorders
Dose	:	2-5 gms, twice daily
Anupan	:	Sesame oil

Nagkesar Kalka

Ingredients	:	*Nagkesar* (Mesua ferrea)

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Indications	:	Bleeding piles
Dose	:	2-5 gms , twice daily
Anupan	:	Rock candy and butter (1:1:2)

• Decoction (Quath)

One part of the dry herbs is added to sixteen parts of water and the herbs are then boiled over a low flame until the water is reduced to one quarter of its original amount. This method is suitable for the roots, stems, bark and sometimes fruit, as harder portion of the plant require long cooking to release their essence.

Bhoonimbadi Quath

Chief Ingredients	:	*Kiratatikta, nimba, pippali, shunthi, shathi, shatavari, guduchi* and *dorli.*
Indications	:	Influenza
Dose	:	4-8 teaspoons, thrice daily
Anupan	:	Water

Mahamanjishthadi Quath

Chief Ingredients	:	*Manjistha, kutaj, guduchi, triphala, nimba, vidanga, katuka, pippali, vasa,* etc.
Indications	:	Skin diseases, dispigmentation, acne vulgaris, as a cholegogue
Dose	:	4-6 teaspoons, twice daily
Anupan	:	Water

Maharasnadi Quath

Chief Ingredients	:	*Rasna, dhamasa, erandamoola, deo-daru, shunthi, gokshura,* etc.
Indications	:	*Vata* diseases, especially rheumatic disorders
Dose	:	2-4 teaspoons, thrice daily
Anupan	:	Water

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Punarnavadi Quath

Chief Ingredients	:	*Punarnava, haridra, daruharidra, shunthi, haritaki, guduchi,* etc.
Indications	:	Urinary inflammation, ascites, congestive cardiac conditions, anaemia, generalised oedema
Dose	:	2-4 teaspoons, thrice daily
Anupan	:	Water

Varunadi Quath

Chief Ingredients	:	*Varuna, pashanabheda, shunthi, gokshura,* etc.
Indications	:	Urinary calculi, tumours
Dose	:	2-4 teaspoons, thrice daily
Anupan	:	Water

Tiktapanchaka Quath

Chief Ingredients	:	*Kiratatikta, guduchi, indrayava, patola* and *katuka*
Indications	:	Fever
Dose	:	2-4 teaspoons, thrice daily
Anupan	:	Water

• Cold infusion (Hima)

One part of plant is added to six parts of water. It is kept for twelve hours overnight and squeezed and strained the next morning. This method is good for very delicate plants and for the treatment of *Pitta* conditions.

Dhanyakadi Hima

Chief Ingredients	:	*Dhanyaka* (coriander seeds), *amalaki, vasa,* raisins, *parpat,* etc.
Indications	:	Bleeding diathesis (*rakta-pitta*), fever,

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

		burning sensation, thirst and dryness of the throat
Dose	:	4-5 teaspoons, thrice daily

Guduchi Hima

Chief Ingredients	:	*Guduchi* (Tinospora cordifolia) stem powder
Indications	:	Chronic fever
Dose	:	3-4 teaspoons, thrice daily

Vasa Hima

Chief Ingredients	:	Vasa (Adhatoda vasica) leaves
Indications	:	Cough, bleeding diathesis and fever
Dose	:	2-3 teaspoons, thrice daily

Hot Infusion (Phant)

For hot infusions, the ratio of herbs to water is one is to eight. In the hot infusion, the herbs are added to boiling water and allowed to set for a period of upto twelve hours. The herbs are then strained and the liquid is used. Infusion is better for more delicate plant parts like leaves and flowers.

Dhanyaka Phant

Chief Ingredients	:	*Dhanyaka* (coriander seeds)
Indications	:	Fever, burning and thirst
Dose	:	4-5 teaspoons, twice daily
Sariva Phant	:	
Chief Ingredients	:	*Sariva* (Hemidesmus indicus) root powder
Indications	:	Blood disorders
Dose	:	4-5 teaspoons, twice daily

Jiraka Phant

Chief Ingredients	:	*Jiraka* (Cuminum cyminum)

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Indications	:	Indigestion, diarrhoea, vomiting
Dose	:	3-5 teaspoons, twice daily

Yashtimadhu Phant

Chief Ingredients	:	*Yashtimadhu* (Glycyrrhiza glabra) root powder
Indications	:	Hyperacidity, cough, hoarseness of voice
Dose	:	2-3 teaspoons, twice daily

• Mantha

One part of drugs mixed with four parts of cold water and churned well until thick.

Kharjooradi Mantha

Chief Ingredients	:	*Kharjoor* (dates), *dadima* (pomegranate) raisins, tamarind, *amalaki, kokam,* etc.
Indications	:	Alcohol toxicity (*madatyaya*)
Dose	:	3-4 teaspoons, thrice daily

• Milk Decoction (Kshirapaka)

Milk decoction is prepared by taking one part herbs, eight parts of cow's milk and thirtytwo parts of water. This mixture is then boiled over a low flame, until all the water gets evaporated.

Arjuna Kshirapaka

Chief Ingredients	:	*Arjuna* (Terminalia arjuna) bark skin powder
Indications	:	Cardiac debility
Dose	:	4-5 teaspoons, twice daily

• Medicated Jellies (Avaleha)

Various jellies or confections are used as vehicles for

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

medicines, but they can also be used on their own, especially as rejuvenatives and aphrodisiacs.

Chyavanaprasha Avaleha

Chief Ingredients	:	*Amlaki, triphala, chaturjat, pippali, pushkaramoola, vasa, ela, guduchi, gokshura,* honey, sugar, etc.
Indications	:	Rejuvenation, bronchial asthma, tuberculosis, pleurisy, etc.
Dose	:	1-2 teaspoons, thrice daily
Anupana	:	Milk

Ardraka Avaleha

Chief Ingredients	:	*Ardraka* (ginger), sugar
Indications	:	Colds, cough, sorethroat, asthma, distaste
Dose	:	1-2 teaspoons, twice daily

Vasa Avaleha

Chief Ingredients	:	*Vasa* (Adhatoda vasica), sugar
Indications	:	Dry cough, asthma, tuberculosis
Dose	:	1-2 teaspoons, twice daily

Dadima Avaleha

Chief Ingredients	:	*Dadima* (pomegranate), *trikatu, jaypatri, shunthi, jatiphala, dhanyaka,* etc.
Indications	:	Diarrhoea, dysentery, fever, anorexia
Dose	:	1-2 teaspoons, twice daily

• Medicated Wines (Asavas and Arishtas)

Arishtas are made from decoctions and *asavas* from expressed juices, both usually fermented with flowers of *dhataki* (Woodfordia fruticosa). Medicinal wines are often used as vehicles for other medicines and to enkindle the digestive fire.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Kumari Asava

Chief Ingredients	:	*Kumari* (aloe gel), *haritaki* decoction, *jatiphala, bibhitaka, pushkaramoola, chitrak,* honey, etc.
Indications	:	Anorexia, worm infestations, hepatitis, pleurisy, ascites, tonic in children
Dose	:	2-4 teaspoons, twice daily after meals
Anupana	:	Water

Sarivadyasava

Chief Ingredients	:	*Sariva* (Hemidesmus indicus), *musta, lodhra, ushir, guduchi, amalaki, ela, haritaki, jaggery, raisins,* etc.
Indications	:	*Pitta* diseases, as an alterative, skin diseases, burning urination, burning hands and feet, etc.
Dose	:	2-4 teaspoons, twice daily after meals
Anupana	:	Water

Ushirasava

Chief Ingredients	:	*Ushir* (Vetivera zizanioides), *kamal, priyangu, padmakashtha, manjistha,* raisins, sugar, honey, etc.
Indications	:	Urinary burning, bleeding diathesis, excessive thirst in fever
Dose	:	2-4 teaspoons, 3-4 times daily
Anupana	:	Water

Panchakolasava

Chief Ingredients	:	*Pippali, pippalmoola, chavya, chitrak, shunthi,* raisins, etc.
Indications	:	Anorexia, dyspepsia, piles, colitis
Dose	:	2-4 teaspoons, twice daily after meals
Anupana	:	Water

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Drakshasava

Chief Ingredients	:	*Draksha* (grapes), *lavanga*, honey, *kankol*, sugar, *chaturjat*, *maricha*, *chitrak*, *jatiphala* etc.
Indications	:	Debility, tuberculosis, asthama, bronchitis, as a general tonic
Dose	:	2-4 teaspoons, twice daily after food
Anupana	:	Water

Punarnavasava

Chief Ingredients	:	*Punarnava* (Boerhaavia diffusa), *patha*, *dantimoola*, *guduchi*, *triphala*, *chitrak*, honey, jaggery etc.
Indications	:	Oedema, cough, asthma, congestive cardiac failure, anaemia, nephritis
Dose	:	2-4 teaspoons, twice daily
Anupana	:	Water

Khadirarishta

Chief Ingredients	:	*Khadir* (Acacia catechu) bark skin, *deodaru*, *triphala*, *daruharidra*, *ela*, *pippali*, *jatiphala*, *lavanga*, honey, sugar, etc.
Indications	:	Skin diseases like eczema, scabies, ringworm infestations, hypopigmentation of the skin
Dose	:	2-4 teaspoons, thrice daily, after meals
Anupana	:	Water

Kutajarishta

Chief Ingredients	:	*Kutaja* (Holarrhena antidysenterica) bark skin, *kashmari*, raisins, raw sugar, etc.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Indications	:	Dysentery, bleeding piles, colitis, amoebiasis, sprue
Dose	:	2-4 teaspoons, twice daily after meals
Anupana	:	Water

Jirakadyarishta

Chief Ingredients	:	*Jiraka* (Cuminum cyminum), *jatiphala, shunthi, ela, tvak, lavanga, nagkesar, ajamoda,* etc.
Indications	:	Diarrhoea, anorexia, dyspepsia, chronic colitis, dysentery
Dose	:	2-4 teaspoons, twice daily after meals
Anupana	:	Water

Abhayarishta

Chief Ingredients	:	*Abhaya* (Terminalia chebula), raisins, *vidanga, gokshura, nishottar, shunthi, dhanyaka, danti,* etc.
Indications	:	Constipation, hyperacidity, oedema, hepatitis, ascites, bleeding piles
Dose	:	2-4 teaspoons, twice daily after meals
Anupana	:	Water

Amrutarishta

Chief Ingredients	:	*Amruta* (Tinospora cordifolia), *dashamoola, indrayava, trikatu,* jaggery, etc.
Indications	:	Fever, gout, arthritis, tonic, anorexia
Dose	:	2-4 teaspoons, twice daily after meals
Anupana	:	Water

Vidangarishta

Chief Ingredients	:	*Vidanga* (Embelia ribes), *patha, indryava, ela, amalaki, trikatu,* etc.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Indications	:	Intestinal worm infestations
Dose	:	2-4 teaspoons, thrice daily after meals
Anupana	:	Water

Dashamoolarishta

Chief Ingredients	:	*Dashamoola* - ten roots, viz. *kantakari, brihati, shalparni, prushniparni, gokshura, bilva, shyonak, patala, eranda, kashamari and pushkaramoola, lavanga, chaturajat, pippali,* musk, honey, jaggery, etc.
Indications	:	*Vata* diseases, hypotension, asthma, cough
Dose	:	2-4 teaspoons, thrice daily after meals
Anupana	:	Water

Ashokarishta

Chief Ingredients	:	*Ashoka* (Saraca indica), *musta, triphala, vasa, chandan, shunthi,* etc.
Indications	:	Menorrhagia, leucorrhoea
Dose	:	2-4 teaspoons, thrice daily after meals
Anupana	:	Water

Arjunarishta

Chief Ingredients	:	*Arjuna* (Terminalia arjuna), *kashmari* fruit, sugar, etc.
Indications	:	Cardiac debility, dysentery, bleeding piles
Dose	:	2-4 teaspoons, thrice daily after meals
Anupana	:	Water

Ashvagandharishta

Chief Ingredients	:	*Ashvagandha* (Withania somnifera), *manjistha, haritaki, haridra, rasna,*

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

		yashtimadhu, sariva, daruharidra, trikatu, chaturjat, etc.
Indications	:	Muscular debility, dysuria, sexual debility, cardiac debility, as a general tonic, rejuvenative, stress, etc.
Dose	:	2-4 teaspoons, thrice daily after meals
Anupana	:	Water

• Pills and Tablets (Guti and Vati)

Ayurvedic pharmacies offer a wide variety of pills and tablets, often prepared from decoctions. Many a times combinations of herbs is tableted for the synergystic activities. There are various formulations available in tablet form which contain herbs alone or herbs along with some minerals.

Arogyavardhini

The name arogyavardhini in Sanskrit literally means that which promotes the health.

Chief Ingredients	:	*Triphala, shilajatu* (black bitumen), *chitrakaroots, katuka,* traces of mercury and sulphur, iron, mica and copper *bhasmas*
Indications	:	Hepatitis, skin diseases, oedema, ascites, tonsilitis, chronic fever, hypertension, etc.
Dose	:	2 tablets (125 mg. each), thrice daily
Anupana	:	Water

Sootshekhar

Chief Ingredients	:	*Trikatu, bilva, karchura, chaturjat,* traces of mercury and sulphur, copper *bhasma, shankha* (conch) *bhasma,* aconite and *dhattura* seeds. *Triphala, shilajatu* (black bitumen)

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Indications	:	Aggravated *Pitta* conditions viz. hyperacidity, headache, vomiting
Dose	:	2 tablets, thrice daily
Anupana	:	Ginger juice or lemon juice or milk

Tribhuvankirti

Chief Ingredients	:	Aconite, *shunthi, pippali, pippalmoola,* borax, *hingula,* etc.
Indications	:	Fever, influenza, colds, etc.
Dose	:	2 tablets (125 mg. each), thrice daily
Anupana	:	Hot water or honey

Samshamana guti

Chief Ingredients	:	*Guduchi* (Tinospora cordifolia) potentised
Indications	:	Fever, skin and blood disorder, debility, rheumatic diseases
Dose	:	5-10 tablets, thrice daily
Anupana	:	Water

Shankha Vati

Chief Ingredients	:	*Ksharas* (alkali) of *amlika, snuhi, arka, yava* and *sajji, shankha bhasma,* asafoetida and eight salts (*ashtalavana*)
Indications	:	Dyspepsia, anorexia, distaste
Dose	:	1-2 tablets, four times daily
Anupana	:	Hot water

Lashunadi Vati

Chief Ingredients	:	*Lashun* (garlic), *trikatu,* asafoetida, rock salt, sulphur
Indications	:	Anorexia, flatulence, dyspepsia, abdominal pain

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Dose	:	1-2 tablets, 4 times daily
Anupana	:	Hot water

Chandaraprabha Vati

Chief Ingredients	:	*Shilajatu* (black bitumen), *guggulu, triphala, trikatu, loha bhasma, vidanga, dhanyak*, etc.
Indications	:	Urinary tract infection, adjunct in diabetes, obesity, etc.
Dose	:	1-2 tablets (500 mg.), thrice daily
Anupana	:	Water

Vatavidhvans

Chief Ingredients	:	*Trikatu, bhasmas* of *naga, abhraka and loha*, mercury and sulphur in traces, aconite, etc.
Indications	:	Vitiated conditions of *Vata*, associated with pain viz. sciatica, spondylosis, brachial neuritis, lumbago, etc.
Dose	:	1-2 tablets (250 mg. each), thrice daily
Anupana	:	Milk or water

• Guggulu Preparations

Guggulu (Commiphora mukul) is an oleo-resin of the plant *guggulu*, which has potent anti-inflammatory activity. It also lowers the serum cholesterol, triglycerides and scrapes out the excessive body fats in obesity. There are numerous preparations which contain *guggulu* , an oleo-resin, which is said to increase the shelf-life of the medicine also.

Triphala Guggulu

Chief Ingredients	:	*Triphala, trikatu, guggulu*
Indications	:	*Vata* disorders, arthritis, obesity, hyper-lipidaemia, lipoma, etc.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Dose	:	2-4 tablets (500 mg.), thrice daily
Anupana	:	Hot water

Gokshuradi Guggulu

Chief Ingredients	:	*Triphala, trikatu, guggulu, gokshura* (Tribulus terrestris), *mustaka,* etc.
Indications	:	Dysuria, urinary calculi
Dose	:	1-2 tablets (500 mg.), thrice daily
Anupana	:	Water

Kanchanara Guggulu

Chief Ingredients	:	*Kanchanar* (Bauhinia variegata), *triphala, trikatu, varuna, ela, tvak, tamalpatra, guggulu,* etc.
Indications	:	Lymphadenitis
Dose	:	1-2 tablets (500 mg.), thrice daily
Anupana	:	Hot water

Sinhanada Guggulu

Chief Ingredients	:	*Triphala,* sulphur, *eranda* (castor oil), *guggulu,* etc.
Indications	:	Rheumatic diseases
Dose	:	2 tablets (250 mg.), thrice daily
Anupana	:	Hot water

Punarnava Guggulu

Chief Ingredients	:	*Punarnava* (Boerhaavia diffusa) *deodar, guggulu, guduchi, haritaki,* etc.
Indications	:	Arthritis, gout, rheumatic disorders in all joints pain associated with swelling
Dose	:	1-2 tablets (500 mg.), thrice daily
Anupana	:	Hot water or honey

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

• Medicated Oils (Siddha taila)

One part of herbs is cooked along with four parts of oil and sixteen parts of water, over a low flame untill all water evaporates. Generally, sesame oil (*tila taila*) is used, in preparing oils, unless otherwise speficied. Commonly these oils are used for dressing the wounds and ulcer, for massage, in oil enemas (*basti*), vaginal douches, for nasal administration (*nasya*). Few of them may be taken orally, e.g. *kshira bala taila, narayana taila.*

Chandanbalalakshadi Taila

Chief Ingredients	:	*Chandan, bala, laksha* (lac), *tila taila, ushir, ashvagandha, manjishtha, kustha, haridra, chaturjat,* etc.
Indications	:	For massage in muscle wasting, to improve the muscle tone. In children, for massage and also as ear drops, for *basti (anuvasana)*, in bleeding piles and also orally
Dose	:	1-2 teaspoons, orally, thrice daily 50 ml. for *basti* (enema). As per requirement, for massage

Narayan Taila

Chief Ingredients	:	*Shatavari, bala, atibala, nimba, punarnava, ashvagandha, gokshura, bruhati, jatamansi, chandan, koshtha, ela, mashaparni,* etc.
Indications	:	*Vata* disorders, beneficial to muscle tissue, as massage. Orally useful in bronchial asthma
Dose	:	1-2 teaspoons, orally, 3-4 times daily. For massage, quantity as per requirement

Vranashodhan Taila

Chief Ingredients	:	Leaves of *nimba, karanja* seeds, *tila taila*

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Indications : Septic wounds, itching in scabies

Dose : As per requirement

Vranaropana Taila

Chief Ingredients : *Lodhra, kamal, priyangu, yashtimadhu, chandan, padmakashtha, haridra, tila taila* etc.

Indications : Wound dressing, to promote healing and arrest bleeding. Infected wounds are dressed first with *vranashodhana taila*, and then for better healing, with *vranaropana taila*

Dose : As per requirement for dressing

Vacha Taila

Chief Ingredients : *Vacha, tila taila*

Indications : As nasal drops in sinusitis,, colds, headache, rhinitis, aggravated *Kapha* conditions and in epilepsy, as an adjunct

Dose : 2-5 drops in each nostril, at bed

Irimedadi Taila

Chief Ingredients : *Irimeda, karpura, lavanga, ela, kankola, lodhra, tila taila,* etc.

Indications : Gum massage in bleeding gums, toothache

Dose : Gum massage 2-3 times daily

Anu taila

Chief Ingredients : *Jivanti, ushir, tvak, sariva, chandan, triphala, kamal, rasna, tila taila,* etc.

Indications : Septic wounds, itching in scabies. Diseases of nose, due to vitiation of *Pitta*, viz. nosebleed, migraine

Dose : 2-4 drops in each nostril, thrice daily

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

• Medicated Ghee (Siddha ghrita)

Though the preparation of medicated ghee is similar to that of medicated oil, the properties and the usage of ghee is different. The ghee is excellent for the subtle tissues, nerves and mind, including many *Vata* diseases. Usually it is taken internally and is often used for nasal administration (*nasya*).

Triphala Ghrita

Chief Ingredients	:	*Haritaki, bibhitaka, amalaki, i.e. triphala,* cow's ghee, etc.
Indications	:	Tuberculosis, chronic fever, myopia
Dose	:	Orally 1-2 teaspoons, thrice daily. For *netrabasti* - 50 gm. everytime. As eye drops -3 to 5 drops

• Shatadhouta Ghrita (externally used only)

Chief Ingredients	:	Cow's ghee
Indications	:	Wound dressing, especially in burns and scalds, topically in herpes zoster
Dose	:	As per required for dressing

Sarasvata Ghrita

Chief Ingredients	:	*Ardraka, vacha, maricha, patha, rock salt, shigru, haritaki,* cow's ghee, etc.
Indications	:	For improvement in memory, epilepsy
Dose	:	3-4 teaspoons, 3 times daily
Anupana	:	Milk

Tikta Ghrita

Chief Ingredients	:	*Guduchi, parpat, nimba, indrayava, kiratatikta,* etc.
Indications	:	Chronic fever, to alleviate *Pitta dosha,* hyperacidity and pain in abdomen

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Dose	:	2-4 teaspoons, 3 times daily
Anupana	:	Milk

Shatapala Ghrita

Chief Ingredients	:	*Pippali, pippalamoola, chavak, chitrak, shunthi, yavakshara*, ghee
Indications	:	Anorexia, piles, tumours
Dose	:	1-2 teaspoons, twice daily

Vasa Ghrita

Chief Ingredients	:	*Vasa*, ghee
Indications	:	*Nasya* in epistaxis (nose bleed), bronchial asthma, tuberculosis
Dose	:	For *nasya* 3-5 drops in nostrils. Orally 1-2 teaspoons, thrice daily

Shatavari Ghrita

Chief Ingredients	:	*Shatavari* (Asparagus racemosus), ghee, milk, etc.
Indications	:	Galactagogue and tonic in nursing mothers and in post-partum period, colitis, hyperacidity, pain in abdomen
Dose	:	2-4 teaspoons, thrice daily

Phala Ghrita

Chief Ingredients	:	*Manjishtha, yashtimadhu, bala, ashvagandha, shatavari*, etc.
Indications	:	Promotes conception, facilitates the growth of foetus, as a pregnancy tonic, prevents abortion, useful in dysmenorrhoea
Dose	:	5-15 ml. twice daily
Anupana	:	Milk

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

DOSAGE

The dosage varies according to an individual's constitution, age, digestive capacity and strength, as well as the nature of the disease, the potency of the medicine and the season.

Standard dosages are a simplification that may be misleading, but for general guidance, the following approximate adult daily doses should be taken according to different preparations. The doses may be divided and taken 2 or 3 times daily.

✧ Juice of herbs and herbal wines	2-4 tablespoons mixed with an equal quantity of water.
✧ Decoction or infusions	30 - 40 ml.
✧ Powders	High dosage - 3 to 6 gms. Low dosage - 0.5 to 3 gms. Very low dosage -100 to 200 mg. (Strong herbs)
✧ Herbal jellies and jams	10 gm or 2 teaspoons
✧ Herbal ghee or oils	1 - 2 teaspoons

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

APPENDIX

Theory of Tridosha

The three doshas (*tridosha*) are *panchabhautika* in origin, i.e. they are formed from the five basic elements viz. earth, water, fire, air and ether. *Vata dosha* from air + ether, *Pitta dosha* from fire and *Kapha dosha* from earth + water, in the pattern of constitutional predominance. Opposing properties of one *dosha* put a check on the respective opposite property of other *dosha* and their equilibrium is maintained in the healthy state.

It would be seen that *Pitta* is hot while *Vata* and *Kapha* are cold. Of these cold factors *Vata* is light while the *Kapha* is heavy. *Pitta* is liquid while *Kapha* is solid and *Vata* is rarefied like gas. As such, the three *doshas* appear to be holding the three angles of a triangle and because of inherent opposite properties, do not allow easy imbalance by neutralising the undue increase or decrease of the particular *dosha.*

Properties of Tridosha

Vata : *Vata* is coarse, cold, light, subtle, labile, rarefied and rough. These properties get depleted by the exposure to and or administration of materials having opposite properties.

Pitta : *Pitta* is unctuous, hot, sharp, liquid, sour, fluid and bitter. *Pitta* subsides by the use of materials of opposite properties.

Kapha : *Kapha* is heavy, cold, soft, unctuous, sweet, stable and slimy. These properties readily subside by the influence of

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

opposite properties in accordance with the theory of *samanya* and *vishesha.*

Functions of Tridosha

Functions of Vata : As the principle of propulsion, *Vata* carries out many diverse functions in the human body. It controls cell arrangement and division, the formation of different tissue layers, and the differentiation of organs and systems. It conducts impulses like those from the sense organs to the brain and from the brain to the motor organs. *Vata* controls the expulsion of faeces, urine, sweat, sebum, menstrual fluid, semen and the foetus. It also controls respiratory, cardiac and gastrointestinal movements, as well as all higher functions of the brain and spinal cord. *Vata* controls the mind and gives energy to perform all bodily and mental activities.

Functions of Pitta : *Pitta* is responsible for the formation of tissues, waste products and energy from food, water and air that we take in from the outside. It controls metabolic activities and is responsible for all the secretions in the gastrointestinal tract, and the enzymes and hormones. It controls body temperature, hunger, thirst, fear, anxiety, anger and sexual desire. *Pitta* is also responsible for courage and will power, and assimilation of knowledge from the outside world.

Functions of Kapha : *Kapha* increases the deposits in the cell mass as well as being essential for the inter-linking of cells, tissues and organs. It is thus responsible for the growth of the body. It prevents destruction of tissues from wear and tear due to friction and movement by *Vata,* by maintaining the strength and immunity of the body. Capacities for reproduction, happiness and proper retention of knowledge depend upon the proper functioning of *Kapha.*

Ayurveda attributes great importance to the equilibrium of the three humors or *tridosha.* Although, they are in a constant state of flux, due to the impact of internal and external factors, their equilibrium is usually maintained. When this equilibrium gets disturbed, the disease process starts. According to the Indian

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

system of medicine, all diseases are caused by aggravated humors or vitiated *doshas.*

Aggravation of Doshas and their Management

The success to all Ayurvedic treatment is in knowing the imbalance of the humors and how to treat them. For this one must be able to determine the factors which aggravate them, recognize the symptoms of their aggravated state, and prescribe those countermeasures which alleviate them.

VATA

Causes of Aggravation of Vata : *Vata* becomes vitiated due to cold climate, air-conditioning, drinking cold substances like ice water, refrigerated foods or foods cold in potency like green salads. It is also vitiated by food that is dry, rough or light, like barely, millet or corn. Excessive physical exercise aggravates *Vata,* as does mental and emotional stress and strain.

Symptoms of Aggravated Vata : These are indicated by a strong desire for warm food and climate, as well as for warm clothing. Physical symptoms are constipation, lack of energy, loss of sleep, fatigue, emaciation, abdominal distension with flatulence, blackish discoloration of faeces and urine, defective sensory functioning. Psychological symptoms arise like fear, anxiety, insecurity, confusion, and irrelevant talking.

Management of Vata : Treatment of *Vata* is divided into two types based on whether the cause is malnutrition (*dhatukshaya*) or obstruction in the channels (*srotorodha*).

For malnutrition, the best therapy is tonification (*brimhana*).

Anti-*Vata* diet should be given after making certain that the digestive fire is in good condition. Otherwise, stimulant or digestion-promoting herbs should be given like dry ginger or black pepper. Then light oil massage should be given with warm oils like sesame and fomentation with anti-*Vata* herbs like *dashamula.* Sudation or sweating therapy with moist heat is essential. Herbal wines should be taken before food to increase appetite, or after food as a tonic. Grapes or *ashvagandha* herbal

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

wine are benevolent. Sitting - type yoga postures with silent meditation are helpful.

For obstruction in the channels, detoxifying and stimulating herbs should be taken like dry ginger or fennel. Oil massage should incorporate herbs like *nirgundi* or *vishagarbha* oil. Special alkali medicines may be taken internally to open the channels. Mild laxatives and decoction enemas should be taken. Herbal wines prepared with jaggery and herbs like rasna, garlic and *dashamula* should be given. When the system is clean, then anti-*Vata* diet and tonifying methods can be taken.

PITTA

Causes of Aggravation of Pitta : *Pitta* is aggravated by food that is hot in temperature, or by hot potency food like chili, black pepper and mustard, or by too much tried food.Working on night shitfs, hot environments or excessive exposure to the sun also increases *Pitta.* Psychological factors are anger, irritability and hot temper.

Symptoms of Aggravated Pitta : These are desire for cold food, cool environment and cool clothing. Physical symptoms are excessive hunger and thirst, burning sensation in the skin, eyes or hands. Hypersensitivity may develop in the form of allergic rashes, fevers or giddiness. There is yellowish discoloration of the skin, eyes, urine and faeces. Psychological factors of anger, rage, hatred and jealousy increase. Many inflammatory diseases can arise.

Management of Pitta : Anti-*Pitta* diet should be taken with sweet, bitter and astringent tastes. This includes dairy products like milk, butter and ghee, mung beans, basmati rice, wheat, all sweet fruits and cool spices like coriander. Bathing or swimming in cool water should be done, followed by light massage with coconut or sandalwood oil. Aromas like rose can be used. Purgation and blood-letting can be done in more serious conditions. Cool colours like blue, white and purple and cool gems like sapphire and pearl are good.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

KAPHA

Causes of Aggravation of Kapha : Dietary factors are cold, oily and heavy foods like yoghurt, cheese, butter, milk and meat as well as watery fruits and vegetables like cucumber, melons, oranges and grapes. Whole grains like wheat and rice in excess also increase *Kapha.* Cold and damp environments or work situations are additional factors. Psychological factors are greed and attachment.

Symptoms of Aggravated Kapha : These are loss of appetite, nausea and possible vomiting, heaviness in the body, pallor of the skin, cold hands and feet, swollen joints, cough with phlegm, excessive sleep, lethargy and lack of concentration.

Management of Kapha : The person should carry out strong exercise. Deep massage should be done with light and dry oils like mustard. Strong dry sweating or *saunas* should be taken. Anti-*Kapha* diet should be taken with dry and hot food, with pungent, bitter and astringent tastes. For increasing digestion ginger, black pepper and turmeric should be used. Therapeutic vomiting (*vamana*) can be given in severe cases.

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

SANSKRIT GLOSSARY

Abhyanga	:	Massage
Agni	:	Biological fire governing metabolism
Agnideepana	:	Substances that increase digestive fire, i.e. agni
Ama	:	Toxins, undigested food, uneliminated waste materials.
Angamarda prashamana	:	Substance that relieves bodyache
Basti	:	Medicated enema
Bhedaniya	:	Disintegrating faceal matter
Brimhaniya	:	A bulk promoting
Chakshushya	:	Beneficial to the eye
Deepaniya	:	Enkindle the digestive fire
Dhatus	:	The seven basic tissues of the body
Doshas	:	Three basic biological humours, i.e. Vata, Pitta, Kapha
Guna	:	Attribute, quality
Jeevaniya	:	Vitalizing herb
Jwarahara	:	Reducing fever
Kapha	:	The bodily water humour
Lavana	:	Salts, safty taste

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Mastu	:	Water part of the curds, whey
Nasya	:	Administration of medicine through the nose
Panchakarma	:	Five types or procedures of purification of the body
Panchakashaya	:	Five main methods of herbal preparations
Phalottama	:	The best fruit
Pitta	:	The bodily fire humour
Puja	:	Devotional worship
Raktapitta	:	Bleeding diathesis
Rasayana	:	Rejuvenative, prevents decay, postpones aging
Sadhaka Pitta	:	Type of Pitta related to metabolism of nervous system
Saddyahbaladayi	:	Quickly regaining energy
Saddyahshukrakara	:	Quickly augmenting semina[1] fluids
Shirovirechana	:	Cleansing nasal therapy
Shramahara	:	Alleviating fatigue
Shvasahara	:	Relieving breathlessness
Snehopaga	:	Oleating adjunctive
Vata	:	The bodily air humour
Virechanopaga	:	Adjunct to purgation therapy
Udvartana	:	Dry powder massage

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

ENGLISH GLOSSARY

Acne	:	Acne vulgaris, pimples, inflammation of pilosebaceous unit
Alopecia areata	:	Progressive loss of scalp hair
Amenorrhea	:	Absence or abnormal stoppage of menses
Anabolic	:	Helping constructive process of living cells
Analgesic	:	Relieving pain
Anorexia	:	Loss of appetite for food
Antiemetic	:	Alleviating nausea and vomiting
Antiflatulent	:	Relieving flatulence
Antiphlogistic	:	Anti-inflammatory
Antipruritic	:	Relieving itching
Antispasmodic	:	Relieving smooth muscle spasms
Aperient	:	A mild laxative
Aphrodisiac	:	Arousing sexual desire
Ascites	:	Accumulation of serous fluid in peritoneal cavity
Blemishes	:	A mark or any flaw
Carminative	:	An agent that relieves flatulence

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Catarrh	:	Inflammation of mucous membrane
Cholagogue	:	An agent promoting bile secretion
Colic	:	Acute paroxysmal abdominal pain
Conjunctivitis	:	Inflammation of the conjunctiva
Depilatories	:	An agent for removing hair
Dermatosis	:	Skin diseases esp. not inflammated.
Digestant	:	Helping digestion
Diuretic	:	Increasing amount of urine
Dysmenorrhoea	:	Painful menstruation
Dyspepsia	:	Impairment of digestion
Dysuria	:	Painful urination
Epistaxis	:	Nose-bleed
Errhine	:	Nasal administration of medicine
Face salve	:	A thick paste application on face
Febrifuge	:	Dispelling fever
Flatulence	:	Excessive gas formation in stomach
Freckles	:	Pigmented spot on skin due to melanin
Galactagogue	:	Promoting milk flow
Gastritis	:	Inflammation of the stomach
Gout	:	Arthritis of purine and pyrimidine disorders
Haematinic	:	Agent improving haemoglobin level
Haemoptysis	:	Blood stained sputum
Haemostatic	:	Arresting bleeding

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Halitosis	:	Bad breath
Heliminthiasis	:	A parastitic worm infestation
Hepatitis	:	Inflammation of the liver
Hiccup	:	Sound with spasm of glottis and diaphragm
Hyperlipidaemia	:	Elevated lipids in plasma
Leukoderma	:	Localised loss of pigmentation of skin
Leucorrhoea	:	White discharge per vagina
Lymphadenitis	:	Inflammation of lymph nodes
Mastitis	:	Inflammation of the breast
Mennorrhagia	:	Excessive menstrual bleeding
Migraine	:	periodic headache
Mucolytic	:	Disintegrating mucous secretions
Myalgia	:	Muscular pain
Myopia	:	Near-sightedness
Nervine	:	Helpful to nervous system
Ophthalmic	:	Pertaining to the eye
Phelgm	:	Excessive viscid mucus
Pleurisy	:	Inflammation of the pleura
Post-partum	:	Occuring after childbirth
Pruritus	:	Itching
Puerperal	:	The period after childbirth
Pyorrhea	:	Copious dental discharge of the pus
Rheumatism	:	Inflammatory disorder of the joint
Sinusitis	:	Inflammation of a sinus
Spermatorhea	:	Involuntary discharge of semen
Strangury	:	Slow and painful discharge of urine

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Stomatitis	:	Inflammation of oral mucosa
Stye	:	Hordeolum
Styptic	:	Arresting bleeding
Urinary calculi	:	Urinary stones
Urticaria	:	Hives
Vermicidal	:	Lethal to intestinal parasite
Vermicide	:	Agent lethal to intestinal parasite
Vertex	:	The summit of the head
Vitiated	:	Imperfect or faulty

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

LATIN NAME INDEX

Sanskrit Name		*Latin Name*
Abhaya	:	Terminalia chebula
Ajmoda	:	Carum copticum
Amalaki	:	Phyllanthus emblica
Amlavetas	:	Garcinia pedunculata
Amruta	:	Tinospora cordifolia
Ardraka	:	Zingiber officinale
Arjuna	:	Terminalia arjuna
Arka	:	Calotropis procera
Ashwagandha	:	Withania somnifera
Atibala	:	Abutilon indicum
Bala	:	Sida cordifolia
Bhallataka	:	Semecarpus anacardium
Bibhitaka	:	Terminalia belerica
Bilva	:	Aegle marmelos
Brihati	:	Solanum indicum
Chandan	:	Santalum album
Chandrashoora	:	Lepidium sativum
Chitrak	:	Plumbago zeylanica
Dadima	:	Punica granatum
Dantimoola	:	Baliospermum montanum - root
Daruharidra	:	Berberis aristata

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Sanskrit Name		*Latin Name*
Deodaru	:	Cedrus deodara
Dhamasa	:	Fagonia arabica
Dhanyaka	:	Coriandrum sativum
Dhattura	:	Datura metel
Dorli	:	Solanum indicum
Durva	:	Cynodon dactylon
Draksha	:	Vitis vinifera
Ela	:	Elettaria cardamomum
Eranda	:	Ricinus communis
Erandamoola	:	Ricinus communis - root
Gokshura	:	Tribulus terrestris
Guduchi	:	Tinospora cordifolia
Guggulu	:	Commiphora mukul
Haridra	:	Curcuma longa
Haritaki	:	Terminalia chebula
Hingu	:	Ferula narthex
Indrayava	:	Holarrhena antidysenterica - seeds
Irimeda	:	Acacia farnisiana
Japa	:	Hibiscus rosa - sinensis
Jatamansi	:	Nardostachys jatamansi
Jatiphala	:	Myristica fragrans
Jaypatri	:	Myristica fragrans - mace
Jiraka	:	Cuminum cyminum
Jivanti	:	Holostemma ada-kodien
Kamal	:	Nelumba nucifera
Kankol	:	Piper cubeba
Kanchanar	:	Bauhinia variegata
Kantakari	:	Solanum xanthocarpum

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Sanskrit Name		*Latin Name*
Karanja	:	Pongamia glabra
Karchura	:	Curcuma zedoaria
Karpur	:	Cinnamomum camphora
Karaveer	:	Nerium indicum
Kashmari	:	Gmelina arborea
Katuka	:	Picrorrhiza kurroa
Khadir	:	Acacia catechu
Kharjur	:	Phoenix dactylifera
Kiratatikta	:	Swertia chirata
Kitmari	:	Aristolochia bracteata
Kokam	:	Garcinia indica
Krishnajiraka	:	Carum bulbocastanum
Kumari	:	Aloe indica
Kunkuma	:	Crocus sativus
Kushtha	:	Sassurea lappa
Lajjalu	:	Mimosa pudica
Lavanga	:	Syzygium aromaticum
Lodhra	:	Symplocos racemosa
Manjishtha	:	Rubia cordifolia
Maricha	:	Piper nigrum
Mashaparni	:	Teramnus labialis
Methika	:	Trigonella foenum - greacum
Mishreya	:	Foenicum vulgare
Mustaka	:	Cyperus rotundus
Nagkeshar	:	Mesua ferrea
Narikela	:	Cocus nucifera
Nigundi	:	Vitex negundo
Nimba	:	Azadirachta indica
Nimbuka	:	Citrus acida
Nishottar	:	Operculina turpethum

Bharatiya Vidya Bhavan, New Delhi Collection

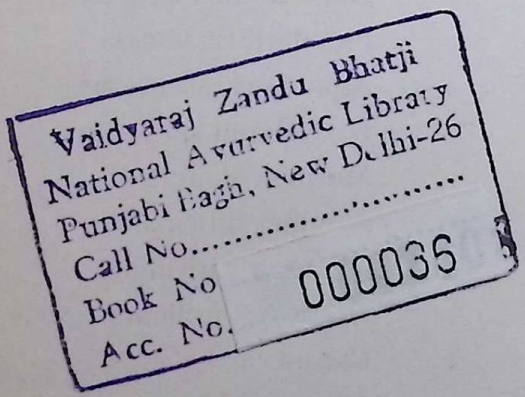
In Public Domain. Digitization by eGangotri and Sarayu Trust

Sanskrit Name		*Latin Name*
Padmakashtha	:	Prunus cerasoids
Palandu	:	Allium cepa
Palash	:	Butea frondosa
Parpat	:	Fumaria vaillantii
Pashanabheda	:	Bergenia ligulata
Patala	:	Stereospermum suaveolens
Patha	:	Cyclea peltata
Patola	:	Trichosanthes dioica
Pippali	:	Piper longum
Pippalamoola	:	Piper longum - root
Putiha	:	Mentha arvensis
Priyangu	:	Callicarpa macrophylla
Punarnava	:	Boerhaavia diffusa
Prushniparni	:	Uraria picta
Rajika	:	Brassica juncea
Raktachandan	:	Pterocarpus santalinus
Rasna	:	Vanda roxburghii
Rason	:	Allium sativum
Sariva	:	Hemidesmus indicus
Shalparni	:	Pseudarthria viscida
Shatavari	:	Asparagus racemosus
Shathi	:	Hedychium spicatum
Shigru	:	Moringa oleifera
Shunthi	:	Zingiber officinale
Snuhi	:	Euphorbia nivulia
Shyonak	:	Oroxylum indicum
Syahijiraka	:	Carum carvi
Talispatra	:	Albies webbiana
Tila	:	Sesamum indicum
Tulsi	:	Ocimum sanctum

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Sanskrit Name		*Latin Name*
Tvak	:	Cinnamomum zeylanicum
Ushir	:	Ventiveria zizanioides
Vacha	:	Acorus calamus
Vamshalochana	:	Bambusa arundinacea - resin
Varuna	:	Crataeva nurvala
Vasa	:	Adhatoda vasica
Vidanga	:	Embelia ribes
Vrukshamla	:	Garcinia indica
Yashtimadhu	:	Glycyrrhiza glabra



Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

PLATE - 1

MARKING NUT

SANDAL WOOD

CARDAMOM

GINGER

WATER CRESS

CLERRY SEED

AYURVEDIC HOME REMEDIES

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

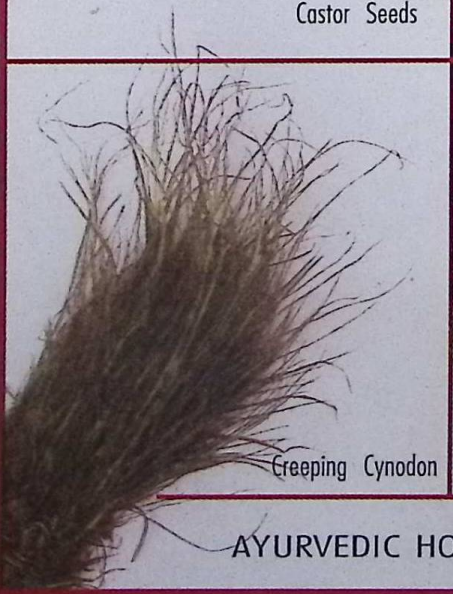
PLATE - 2

Grapes

Coriander Seeds

Castor Seeds

Turmeric Powder
and
Turmeric Rhizome



Creeping Cynodon

Pomegranate

AYURVEDIC HOME REMEDIES

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

PLATE - 3

Asafoetida

Date

Nutmeg

Camphor

Cumin Seeds

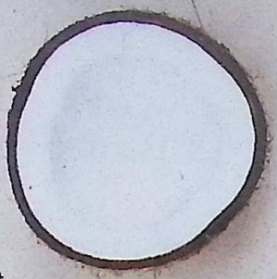
Caroway Seeds

AYURVEDIC HOME REMEDIES

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

PLATE - 4



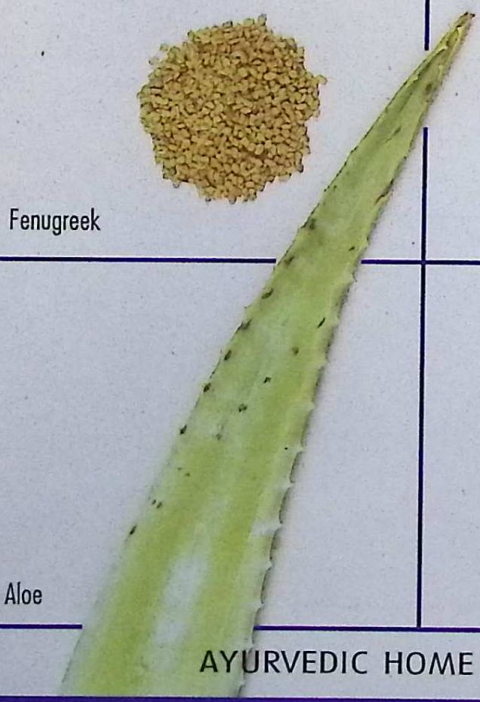
Coconut

Black Pepper

Fenugreek

Cloves

Fennel



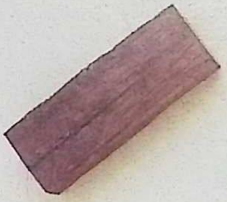
Aloe

AYURVEDIC HOME REMEDIES

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

PLATE - 5



Red Sandalwood

Onion

Garlic

Mustard

Cornmint

Lemon

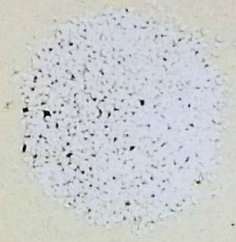
AYURVED HOME REMEDIES

Bharatiya Vidya Bhavan, New Delhi Collection

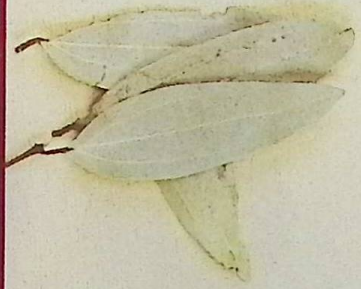
In Public Domain. Digitization by eGangotri and Sarayu Trust

PLATE - 6

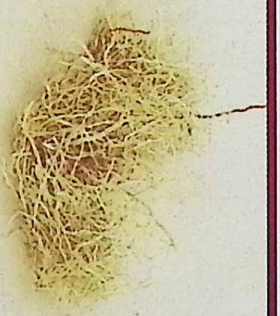
Cinnamon



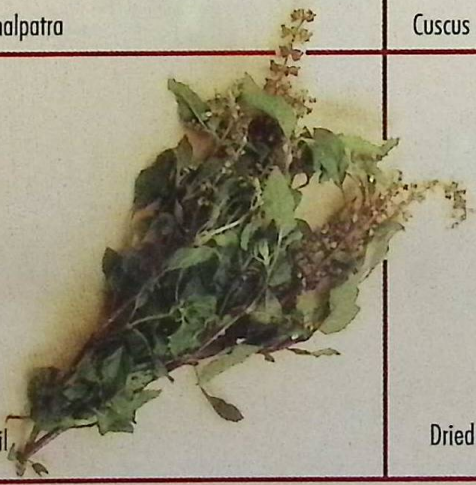
Sesame



Tamalpatra



Cuscus Grass Roots



Basil

Dried Ginger

AYURVEDIC HOME REMEDIES

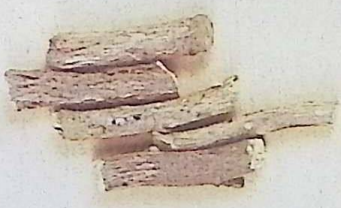
Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

PLATE - 7

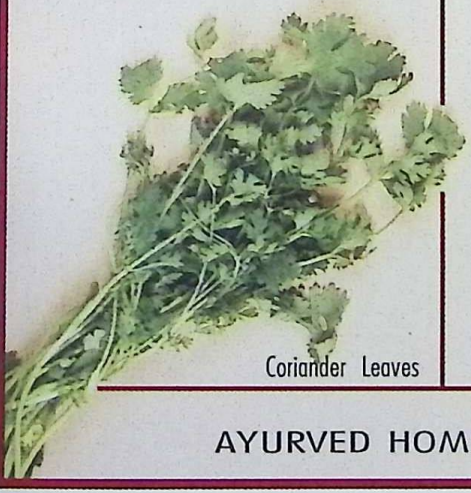
Kokam Butter Pea

Common Salt



Liquorice

Rock Salt



Coriander Leaves

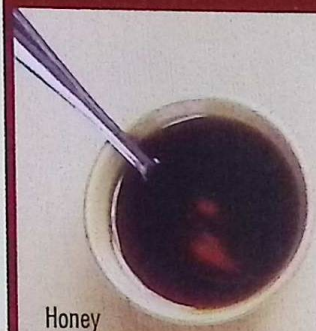
Sweet Flag

AYURVED HOME REMEDIES

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

PLATE - 8



Honey

Babela

Jaggery

Raisins

Rock Candy

AYURVEDIC HOME REMEDIES

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Bharatiya Vidya Bhavan, New Delhi Collection

In Public Domain. Digitization by eGangotri and Sarayu Trust

Ayurvedic

Home Remedies

Meant for every household, the book provides Ayurvedic cures as well as prevention for a lot of common diseases.

It will serve to reveal the medicinal properties of commonly available natural substances like honey, milk, buttermilk, salt etc., and the herbs often come across in the kitchen like garlic, ginger, cornmint etc.

Using herbs and dietary substances as medicines will actively help our self- healing processes and strengthen our overall good health.

This book is a sincere effort to promote the preventive aspect of Ayurveda, which itself is the great treasure of natural therapies, which is wholistic, effective as well as very safe.

Chaukhamba Sanskrit Pratishthan
Delhi.

Price : Rs. 135.00

Bharatiya Vidya Bhavan, New Delhi Collection